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Shown from left to right: Maine Pendant in Navy, Indigo Glass Table Lamp, Jute Chandelier, and Perennial Sconce in Ebony.

VOL. 35
ISSUE 1

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january/february 2021

ON THE COVER

For indoor gardening tricks, we checked in with the co-owner of Stump, a plant store in Ohio (*page 60*). Her name is Emily Kellett—and she's one of more than 50 cool women called out in this special issue.

—

PHOTOGRAPHER
AUSTIN DAY

52 SISTER ACTS Meet seven women committed to helping other women, at home and around the world.

60 PLANTSCAPE ARCHITECTURE An Ohio shopkeeper shares her tips for upping your houseplant game.

66 A CUT ABOVE Milwaukee chef Karen Bell explains her philosophy on meat—with comforting, globally inspired recipes to match.

72 HOME AGAIN An emerging designer helps her parents reimagine their dated split-level on a Wisconsin farm.

78 CALL OF THE WATER Escape your living room for a canoe trip with the first women to paddle from the Twin Cities to Canada's Hudson Bay.

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PHOTOGRAPHS: (LIVING ROOM) MIKE HUIBREGTSE, (WOMAN) BOB STEFKO, (SOUP) BRIE PASSANO

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As the first female editor in chief of *Midwest Living*,

I'm proud to devote the kickoff issue of our 35th anniversary year to Midwest women. We are excited to celebrate those who are making a difference in our communities—as artists, writers, entrepreneurs, innovators and changemakers. We're energized by the passionate women peppered across our region who are making waves and "doing the work" in wellness, travel, beauty, food, philanthropy and home design. If you've opened the issue wishing to feel inspired to start the new year, I hope you have some time to settle in. The women on these pages are people you are going to want to know, and their stories are ones you are going to want to hear (and hopefully share with your friends).

I'm thinking about Natalie Warren and Ann Raiho, the first women to paddle from the Twin Cities to Canada's Hudson Bay *(page 78)*. They stuck together, supported each other and finished a 2,000-mile paddling trip (with a dog they found along the way). Their adventure might give me the guts to tackle a canoe trip in Minnesota's Boundary Waters this summer.

Or Aida Stenholm, a Peruvian immigrant who sells candy-color leather shoes in Wichita, Kansas, and shows us how to spread joy through handcrafted footwear *(page 22)*. Having a bit of an entrepreneurial craving myself, I'm always drawn to the women out there hustling their small business dreams.

And isn't it every mom's desire to see her kid's dreams fulfilled? Even better if that means partnering up for a cool business venture. Check out the inspiring stories of mother-child matchups from around the region who own and operate a movie theater, winery, bakeries and more *(page 30)*.

This year, I pledge to celebrate the good and to shed the baggage of the year past. It's hard to know what 2021 has in store, but I plan to spend my time learning from these women and many more. Join me in stepping out and stepping up to inspire, encourage and empower the women and young girls around us.

Kylee

KYLEE KRIZMANIC
EDITOR IN CHIEF
@KYLEEKRIZ

The codes you see throughout the issue are gateways to a big collection of extra content you can view through your phone. To see videos, bonus photos and more, just hold your phone's camera up to the code. No app required.

PHOTOGRAPH: KATHRYN GAMBLE

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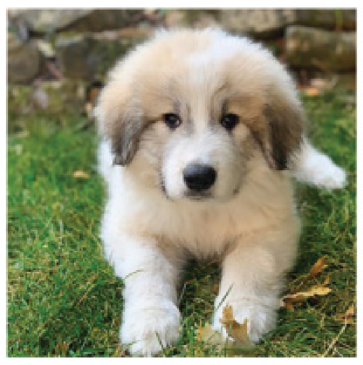
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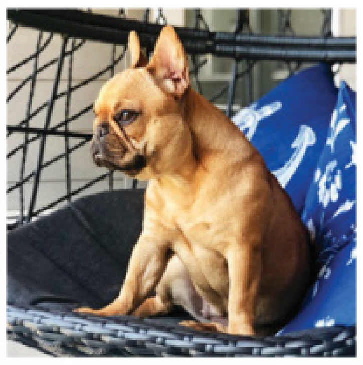
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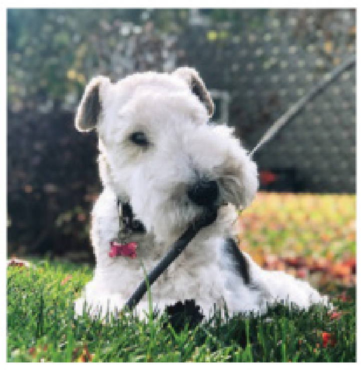
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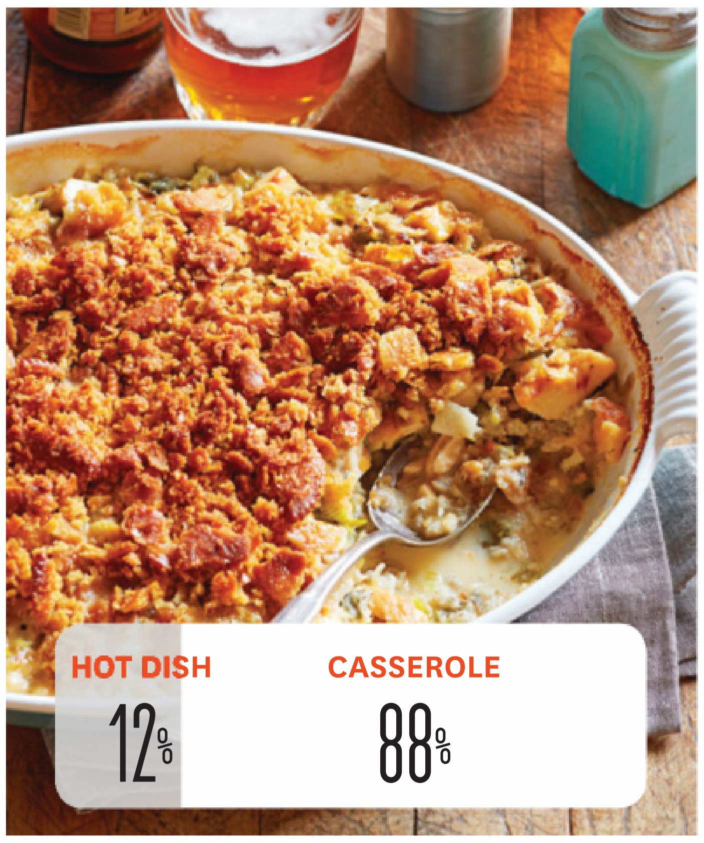
OUR FURRY FRIENDS

They stretch across sofas in the background of Zoom calls, pad across keyboards when we're on deadline, and crawl into our laps when we need comfort. This winter, more than ever, pets are part of our lives. A few of our staffers' BFFs are above. Tag your pet photos **#midwestmoment** for a possible feature on our Instagram feed.

"Do you call it a...?"

We asked, and you answered.
Cast a vote in our next poll at **instagram.com/midwestlivingmag**.



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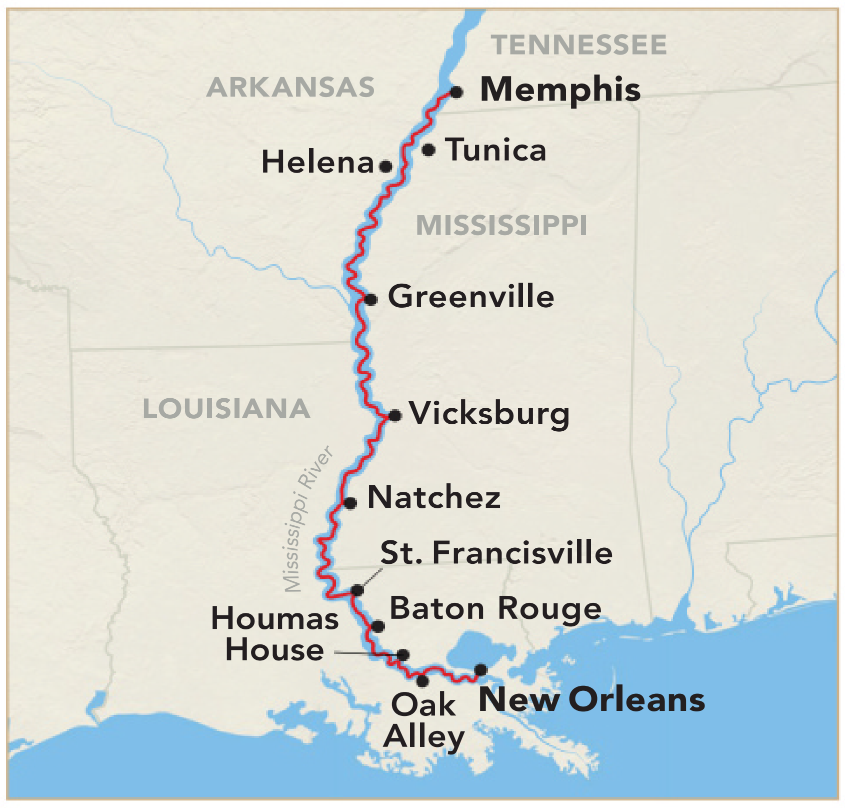
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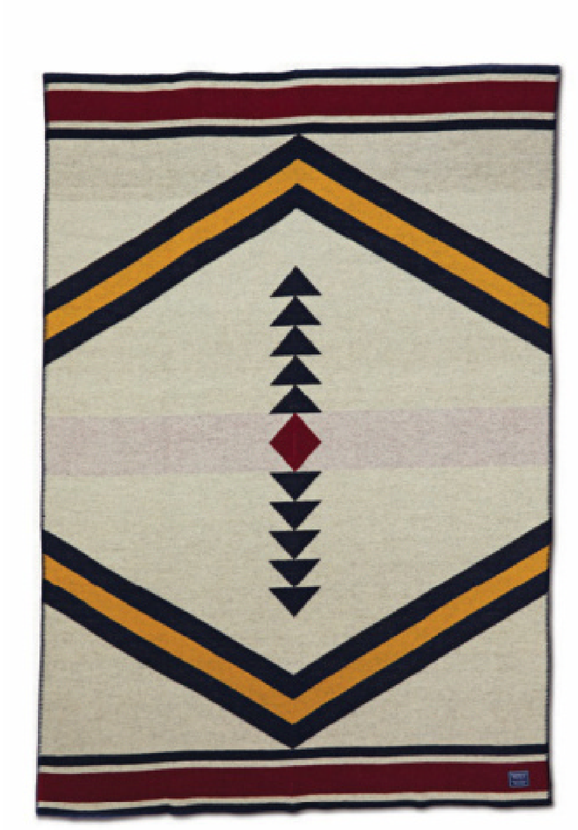
GATHER • CREATE • INSPIRE

To the rescue! Feed and Foster streamlines my party prep with a curated assortment of wine, cheese and fresh-cut flowers that I can procure in one fell swoop.

KYLEE KRIZMANIC, EDITOR IN CHIEF

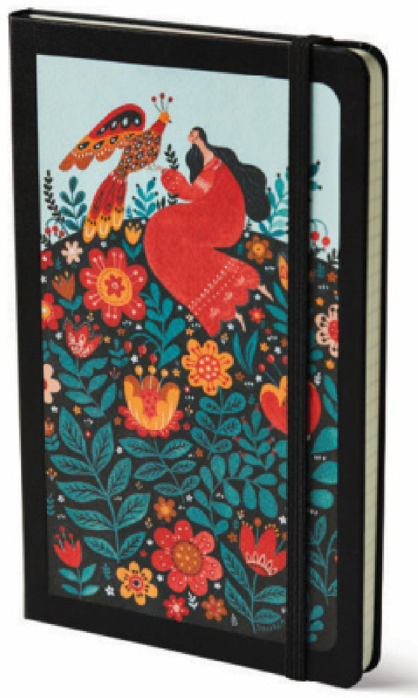
ELEVATE THE EVERYDAY

I grew up in Indianola, Iowa, a community south of Des Moines, and I've loved watching the town square evolve over the past few years. My latest fave: Feed and Foster. Owner Erin Freeberg already ran a gift shop a few doors down, and she opened this sister biz late last summer. The floor-to-ceiling shelves are stocked with provisions for get-togethers, plus other goodies for the home. There's a steady rotation of versatile housewares (think colorful Smeg toasters and Staub cast-iron cookers, pinstripe aprons, and wooden serving trays), plus dozens of giftables (coffee-table books, gourmet spice rubs and cocktail kits). I can't tell you how many times their grab-and-go section has saved my evening plans. Instead of running around from store to store trying to locate the perfect mix of food for a snack board or a crowd-pleasing drink, I can drop in to this one-stop shop for gifts and hostess essentials.



GRAPHIC PUNCH

Leave it to Minnesota's Sanborn Canoe Company and Faribault Woolen Mill to collab on this cozy wool-blend throw. When it isn't wrapped around your shoulders, you'll love seeing it draped across the sofa. $195. *faribaultmill.com*



ESSENTIALS

JOT IT DOWN

The folkloric cover says it all: This notebook is meant to capture dreams, doodles, ideas and more. Ohio artist Dinara Mirtalipova's whimsical style encourages your imagination to take flight. Check out her art prints and decor too. $36. *mirdinara.com*

PHOTOGRAPHS: (FEED AND FOSTER) COURTESY OF FEED AND FOSTER, (BLANKET) COURTESY OF FARIBAULT WOOLEN MILL, (JOURNAL) JASON DONNELLY

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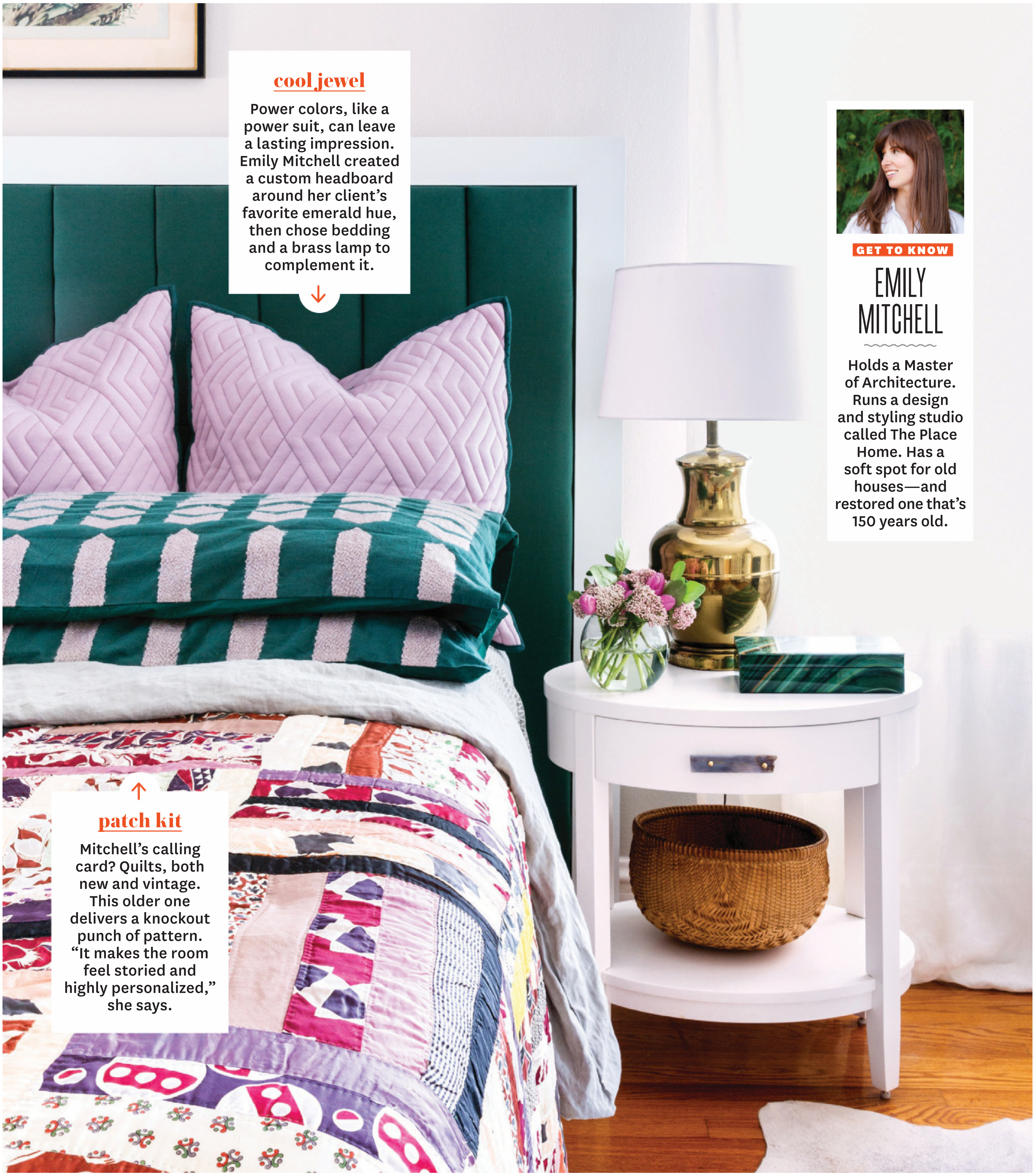
soft landings

An up-and-coming designer in Grand Rapids, Michigan, has a knack for blanketing rooms with small touches that matter. We'd happily tuck ourselves into any of these bedrooms and cozy nooks with a mug of tea and a good book.



cool jewel

Power colors, like a power suit, can leave a lasting impression. Emily Mitchell created a custom headboard around her client's favorite emerald hue, then chose bedding and a brass lamp to complement it.

GET TO KNOW

EMILY MITCHELL

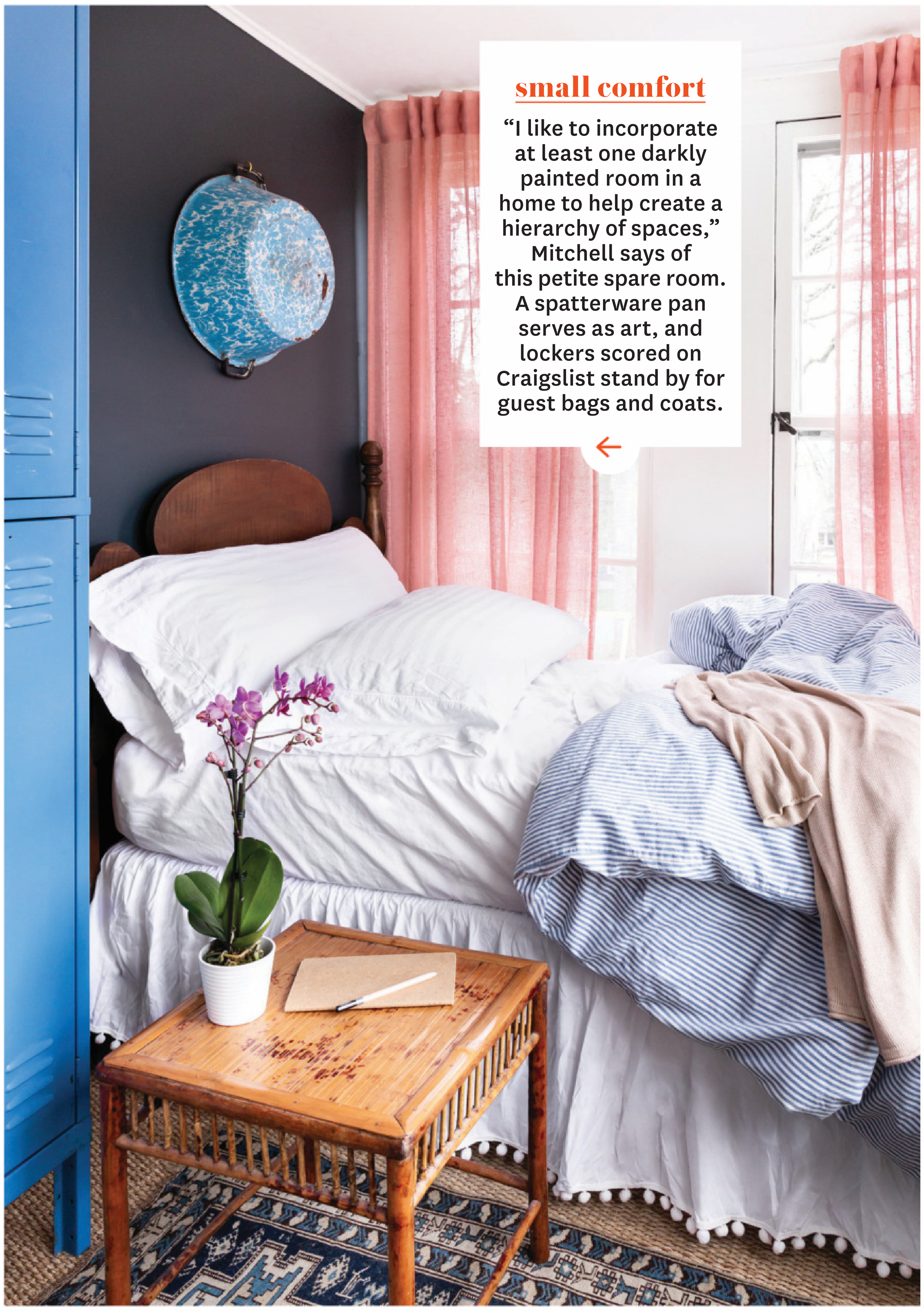
Holds a Master of Architecture. Runs a design and styling studio called The Place Home. Has a soft spot for old houses—and restored one that's 150 years old.

patch kit

Mitchell's calling card? Quilts, both new and vintage. This older one delivers a knockout punch of pattern. "It makes the room feel storied and highly personalized," she says.

WRITER **CHRISTINA POLETTO**
PHOTOGRAPHS **MARTA XOCHILT PEREZ**

Using her architect's eye and designer's intuition, Emily Mitchell pairs rich colors with multigenre art and found objects, creating serene spots to quell winter's chill. She loves designing for all ages, channeling her memories of childhood to get into a kid's headspace. And then there are those quilts: "I love finding the right one for just the right space."



small comfort

"I like to incorporate at least one darkly painted room in a home to help create a hierarchy of spaces," Mitchell says of this petite spare room. A spatterware pan serves as art, and lockers scored on Craigslist stand by for guest bags and coats.

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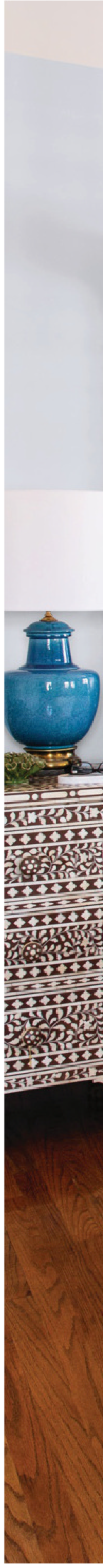
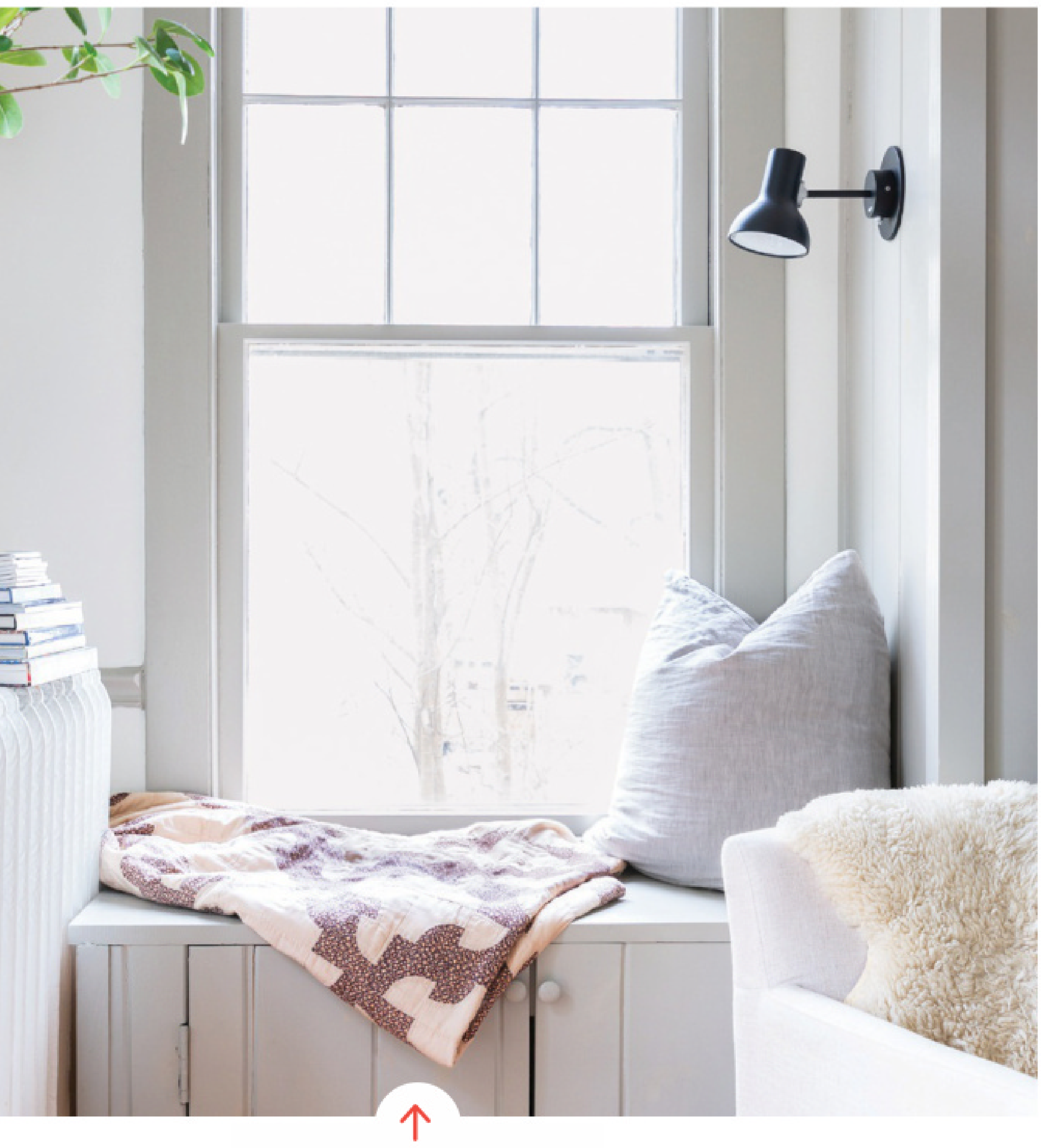




↑

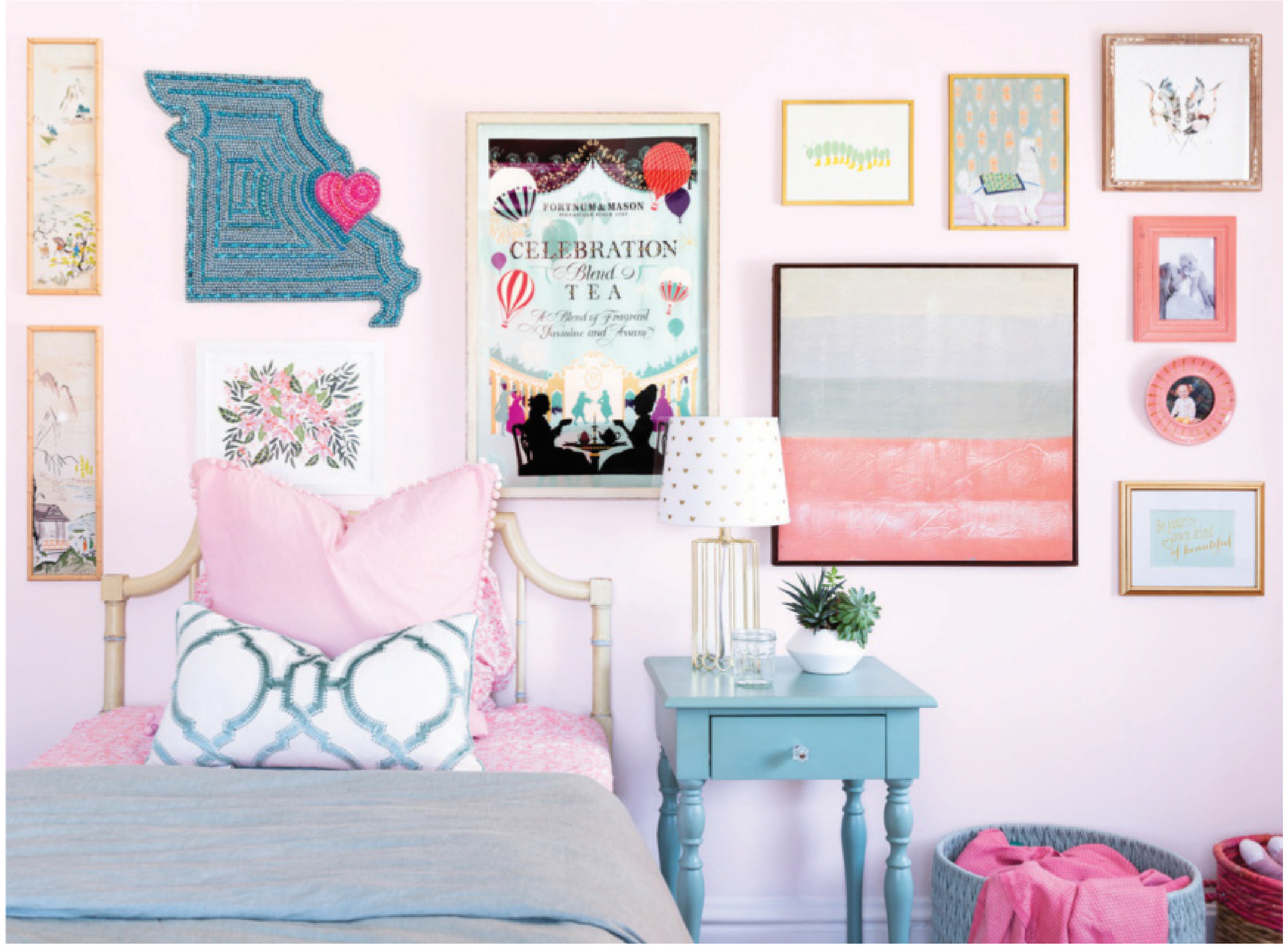
hot seat

In Mitchell's own home, a window seat by a radiator hides electronics. (The TV is in a built-in nearby.) The quilt was an impulse buy: "I find that if you fill your home with things you truly love, then the introduction of new cherished items works out rather effortlessly."

→

frame game

Mitchell regularly mixes vintage and modern art on gallery walls. She designed this one for a close friend's daughter, working in a sparkly, Missouri-shape piece of original bead art by Rob Corley.



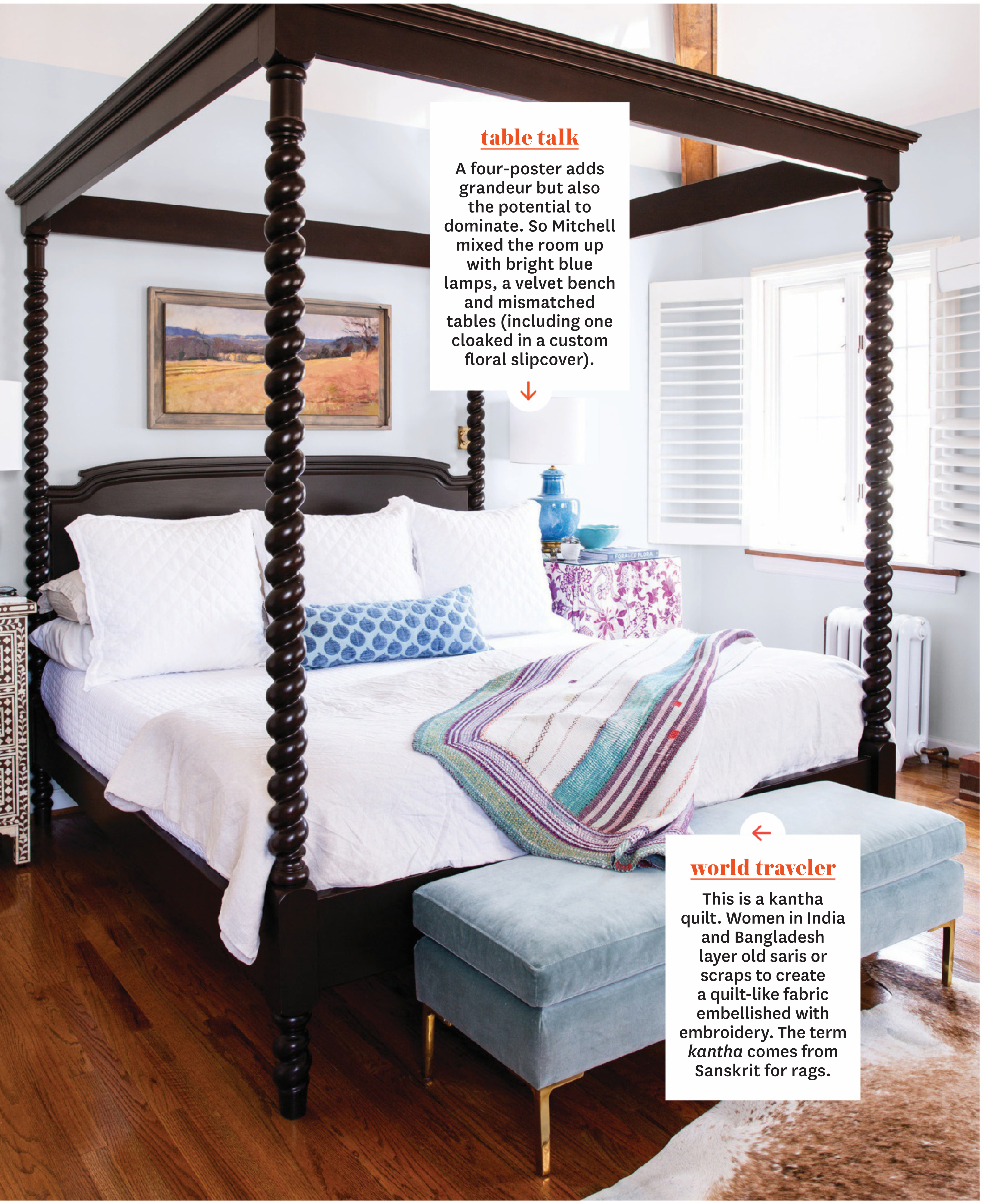


table talk

A four-poster adds grandeur but also the potential to dominate. So Mitchell mixed the room up with bright blue lamps, a velvet bench and mismatched tables (including one cloaked in a custom floral slipcover).

world traveler

This is a kantha quilt. Women in India and Bangladesh layer old saris or scraps to create a quilt-like fabric embellished with embroidery. The term *kantha* comes from Sanskrit for rags.

> “Quilts have always been attached to memories of my grandparents, but as a designer, I appreciate their mix of beauty and functionality.
>
> emily mitchell
> DESIGNER

PRO TIPS

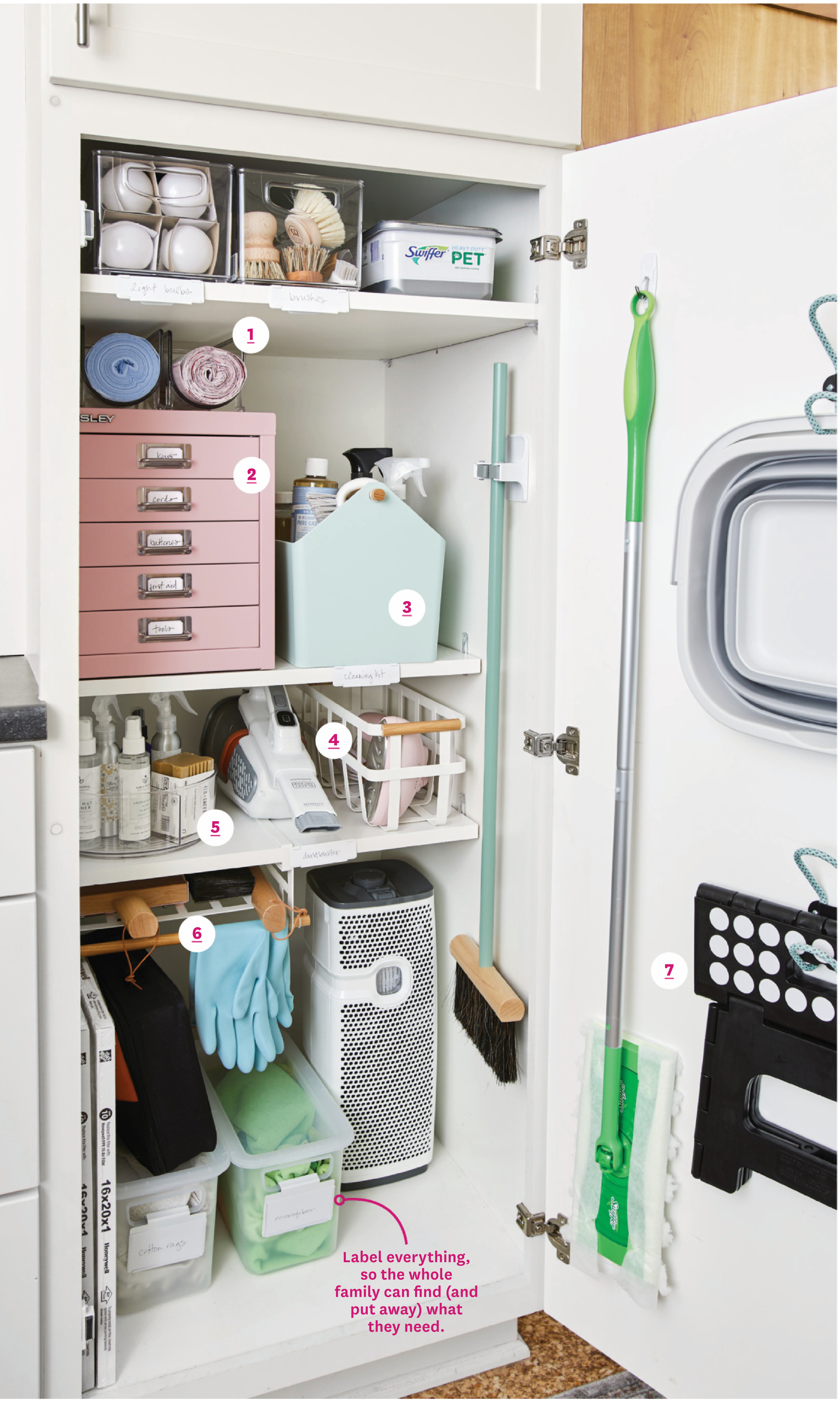
designer notebook

Mitchell’s philosophy: Let reality, not an aesthetic fantasy, guide your design choices.

THINK ABOUT HABITS
Mitchell always starts by asking clients about their routines, then designs to fit their rhythms. For example, if you read in bed, you need directional lighting, plus room for a stack of books (because there’s never just one!). If you always empty pockets on the bedside table, have a tray or bowl waiting to catch the clutter.

BE HONEST
Do you make the bed? No judgment—but tailored bedding only looks good if you put in the tuck-and-smooth time. Anything less just looks unkempt. For not-quite-as-tidy clients (including herself), Mitchell opts for linen sheets or duvets. “They’re *meant* to be rumpled,” she says. “It’s inviting you to take a nap.” And the truth-o-meter doesn’t stop there. If you won’t put back throw pillows every morning, don’t buy them. If an armchair is just going to be draped in laundry, skip it.

PICK PAINT WISELY
More than taste, Mitchell uses the sun to guide wall choices. “I love white, but it takes really good natural light for it to look good,” she says. If you only have one window or the room faces north, consider a color with more depth. Mitchell also cautions that light walls can feel bare. “You need to hang things on pale or neutral hues to look finished,” she says. “But a really rich color instantly looks complete.”



Label everything, so the whole family can find (and put away) what they need.

clean sweep

It's not supposed to be a *futility* closet, right? Get a head start on household chores by better organizing your go-to gear.

1 ROLL REVERSAL
Use stacking wine bottle racks (these are made of acrylic) to hold rolls of trash bags or hand towels.

2 TOP DRAWERS
Organize the little stuff (batteries, cords, spare keys, or frequently used hand tools like screwdrivers and a measuring tape) in a stack of slim desktop file drawers.

3 CADDY SHACKS
Use caddies with compartments and a handle for corralling and toting your most-used cleaners, cloths and scrubbers. Devote one to general housecleaning and one for bathrooms, and always keep them stocked.

4 POWER ASSIST
Install an outlet in the back of the closet for keeping handheld vacuums or other small tools charged and at-the-ready.

5 SPIN THE BOTTLES
Rescue bottles from the dark recesses of a cabinet with a lazy Susan. (A high-sided model holds bottles upright.) Besides making it easier to grab things, its limited size will encourage you to curate and toss products you never use.

6 UNDER EMPHASIS
Slide a hanging rack under a shelf to maximize every inch of space. This one's holding a small broom and dustpan and has a bar for hanging gloves or a cloth to dry.

7 FOLD HERE
Hung on a wall or door or tucked on a shelf, a collapsible step stool and bucket (yep, that's what's hanging on top here) are major space-savers.

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WRITER **HANNAH AGRAN**
PHOTOGRAPHER **JASON DONNELLY**

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sound advice

Home is where the entertainment is, now more than ever. Upgrade the experience with these cool (and, often, smart) products.

TURNTABLE
You can't beat vinyl for rich, textured sound, and the Orbit Special Turntable delivers. But we're also grooving on its looks: a walnut or maple plinth, with a sleek acrylic platter that minimizes vibrations. $459. *uturnaudio.com*

SMART SPEAKER
"Alexa, read my emails." Amazon's newest voice-controlled speakers let you multitask work and dinner, but the more obvious update: The shape. Echo *(pictured)* and its mini sibling, Echo Dot, are spherical for better acoustics. $50 for Echo Dot; $100 for Echo. *amazon.com*

DISPLAY SPEAKER
Forget having your tablet fall asleep mid-recipe. The JBL Link View can read (or reread, if you ask, via the Google Assistant) ingredients or steps out loud, and makes it easy to cook along with videos. $300. *jbl.com*

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WIRELESS HEADPHONES
For tuning out distractions or taking a call while taking a stretch, Jabra's Elite 45h offers affordability, comfort, long battery life, adjustable equalization and a feature that measures hearing to customize a listening profile. In four colors, including Copper Black. $79. *amazon.com*

SOUND BAR
A good sound bar is a stepping-stone to a home theater. The Sonos Beam (for small spaces) and Sonos Arc (*pictured*, for TVs larger than 49 inches) have built-in voice control for adjusting volume, plus compatibility with Amazon Alexa and the Google Assistant. $399 for Beam; $799 for Arc. *sonos.com*

PORTABLE SPEAKER
Ultimate Ears' Wonderboom 2 is a super-totable Bluetooth speaker with booming sound—and it floats, so no worries if it takes a plunge in the tub or lake. $100. *ultimateears.com*

LISTEN CAREFULLY

Heather Malyuk, an Ohio audiologist who performs backstage sound checks and hearing tests for musicians, offers tips for safe listening.

PLUG YOUR EARS
Prolonged exposure to decibel levels above 85 may hurt hearing. Apps like the NIOSH Sound Level Meter can give you a readout on ambient sound.

TURN IT DOWN
Follow an 80/90 rule: If you use earbuds for more than 90 minutes throughout your day, keep the volume at 80 percent or less.

SLEEP SOUNDLY
If you like to fall asleep to talk or music, that's fine, but keep the volume soft. All-night listening can lead to hearing injury.

GET TUNE-UPS
Going to an audiologist should be routine, like a trip to the dentist. A pro can detect problems early and guide you to apps or give you simple tweaks to slow hearing loss and enjoy sound better.

WRITER **JODY GARLOCK**

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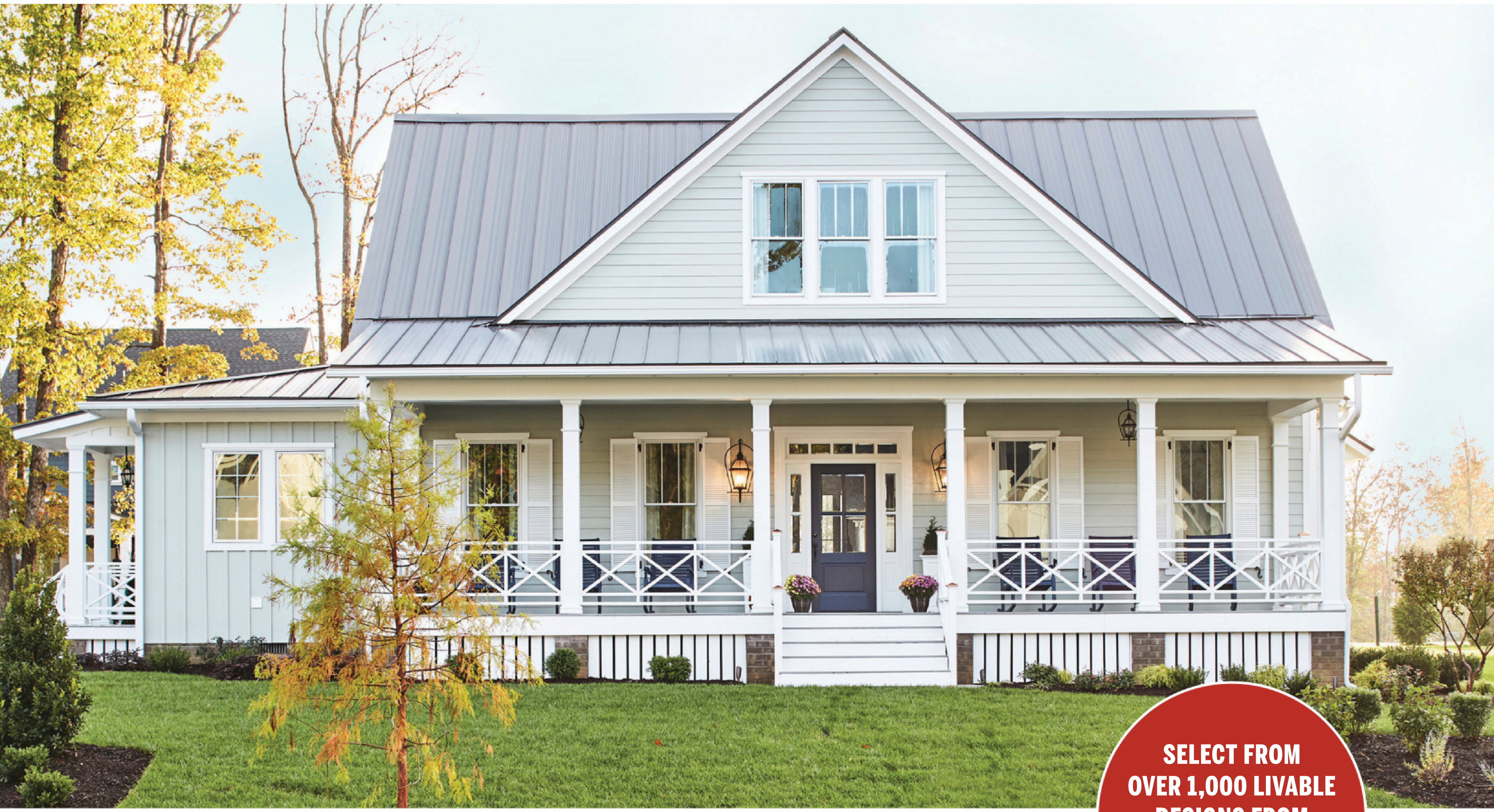

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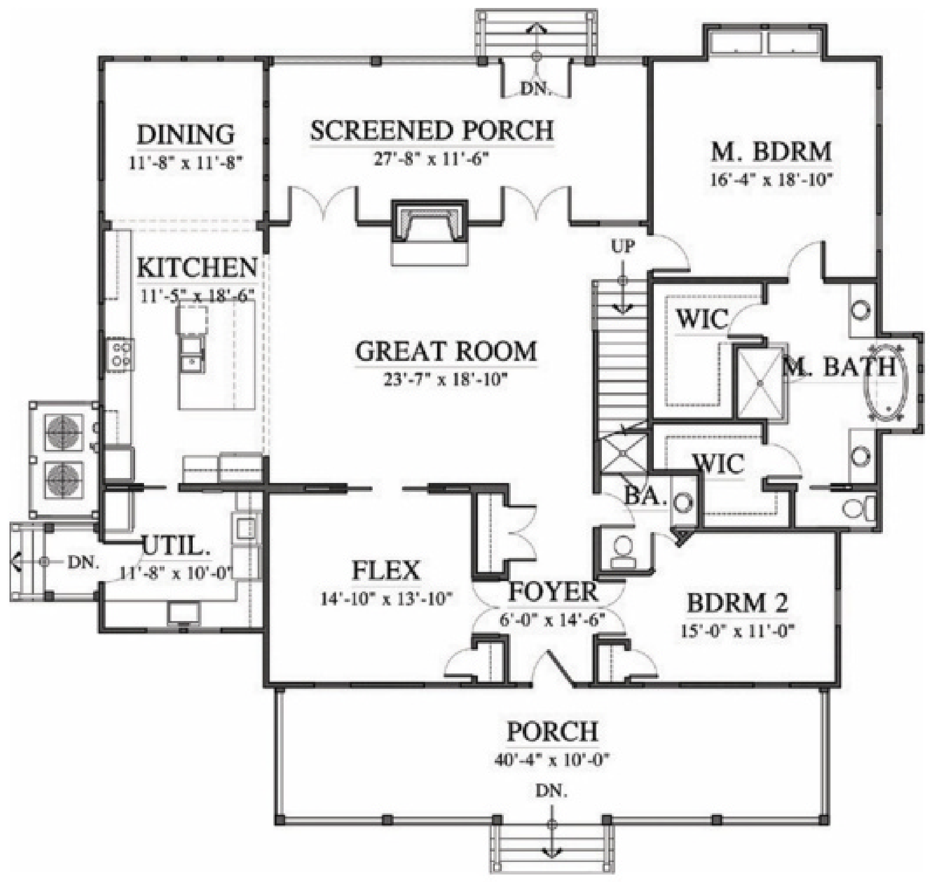
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DINING
11'-8" x 11'-8"
SCREENED PORCH
27'-8" x 11'-6"
M. BDRM
16'-4" x 18'-10"
KITCHEN
11'-5" x 18'-6"
UP
WIC
M. BATH
GREAT ROOM
23'-7" x 18'-10"
WIC
BA.
DN.
UTIL.
11'-8" x 10'-0"
FLEX
14'-10" x 13'-10"
FOYER
6'-0" x 14'-6"
BDRM 2
15'-0" x 11'-0"
PORCH
40'-4" x 10'-0"
DN.

GILLIAM
PLAN #1936

Imagine stepping in from a stroll onto the broad, sheltering porch of Gilliam. It's as Southern as it gets and loaded with authentic details and a comfortable, family-style plan. This Lowcountry, classic farmhouse welcomes family, friends, and guests, offering four bedrooms and three baths over two floors.

SQUARE FOOTAGE: 3,208
BEDROOMS: 4
BATHS: 3

Designed by Allison Ramsey Architects, Inc., Beaufort, SC

PHOTOGRAPHY BY LAUREY W. GLENN

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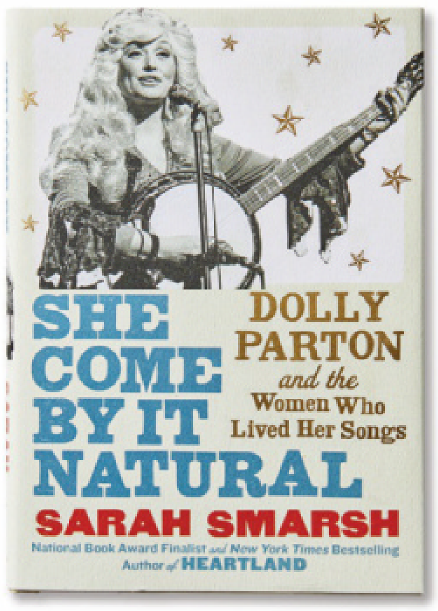
life


SHE COME BY IT NATURAL
DOLLY PARTON and the Women Who Lived Her Songs
SARAH SMARSH
National Book Award Finalist and New York Times Bestselling Author of HEARTLAND

DEBBIE LECKRON MILLER, MWL WRITER

WE WILL ALWAYS LOVE HER

Kansan Sarah Smarsh, who wrote the acclaimed memoir *Heartland* and hosted a related podcast, has penned a new book, *She Come By It Natural,* spotlighting Dolly Parton's working-class roots and examining what it really means to be a woman. (Scribner, $22).

DRY RUN

Karaoke, trivia, pool, safely distanced socializing: Unimpaired offers all the fun of a bar, minus the booze. A response to the sober-curious movement, the Davenport, Iowa, hangout is the first of its kind in the state. Order a nonalcoholic beer or martini, such as the Mint Condition, and enjoy what co-owner Amber Haines calls "a space where fun times aren't foggy." *unimpaireddrybar.com*

↑

GIVE BACK

CREATIVE CLASS

Indianapolis nonprofit ArtMix seeks to fill a gap in artistic outlets and resources for students with disabilities. It's run by Britt Sutton *(top left),* and programming includes classes, exhibits and artist-in-residence opportunities. Through its Urban Artisans vocational program, students ages 15–22 spend several hours weekly creating pottery and ceramic pieces for sale online and in the ArtMix Gallery. For 2021, ArtMix hopes to bring back community classes, where anyone can come to try a new medium and connect with the students. Sutton herself has epilepsy and says, "Working together with someone who experiences life differently than you to create a collaborative piece of art is truly life changing." *artmixindiana.org*

As part of our Good Neighbors program, highlighting unique Midwest nonprofits and individuals making our communities stronger, Midwest Living *has donated $500 to ArtMix.*

PHOTOGRAPHS: (PEOPLE) COURTESY OF ARTMIX, (BOOK) CARSON DOWNING. ILLUSTRATION: ERIN KEEFFER

Build your own Shoes

Visit the shop in Wichita, or check out Aida Stenholm's moccasins, oxfords and loafers at *aidastenholm.com*.

sole mate

Inspired by her Peruvian roots, a Kansas shoemaker fashions the snazzy shoes she never had.

AIDA STENHOLM'S classmates in Peru laughed when she declared as a child that she wanted to make shoes for a living—but today she does, with imaginative flair, at her shop in Wichita. *Interview with Debbie Leckron Miller.*

DLM What sparked your love of shoes?
AS My friends had many pairs of shoes—for school, church, everyday—and many colors, but I had only one black pair of hand-me-downs that I wore for everything. My mom bought them from a shoemaker. They were high quality so they would last, but I was jealous. At church, I'd study what people were wearing. I told Mom, "One day, I'm going to fill my whole closet with shoes."

DLM Do you recall your first new pair?
AS For graduation in Peru, the class has a big party and travels together. I knew I'd have to wear my sister's shoes, but they were so big. So I started working at my mother's grocery stand to save money. I went to a market in Lima, full of different leathers and colors, and I bought oxfords that looked so shiny, with three shades of brown and two buckles. I'll never forget those shoes!

DLM What happened next?
AS I was the first in my family to go to college and studied printing and communications. I eventually worked in the Bahamas, where I met my husband. On vacation in Peru, we visited a shop with cute but horribly made shoes. That's when my dream came true: "I am going to makes shoes!" We moved to Peru, and I attended shoemaking school for a year and learned the old ways.

DLM And how did you get to Wichita?
AS I opened my shop here in my husband's hometown three years ago. I custom-design and hand-make shoes using leather and bolts of fabric from Peru and other countries. You'll find me with glue on my hands, leather all over the floor and shoes piled on the table waiting to be sewn. It's messy!

DLM What's the process for ordering?
AS I make men's and women's shoes—loafers, ballerinas, oxfords, booties and driving shoes. Customers come in by appointment for measurements and to pick the style, leather, fabric and color. Bright fabrics, hand-woven by Peruvian artisans, accent many of my one-of-a-kind shoes. Some people request custom designs, like the Wichita flag or a person's name on the heel.

DLM How has the reaction been?
AS People were very conservative at first, only wanting black and brown and rarely the bright blues or purples I prefer. Now people know me and that I'm crazy colorful, and they'll finally let me make them a pair with color. My boots with fabric are the most popular. I also sell jewelry, belts and backpacks.

DLM Your heritage certainly shines through in your work.
AS In Peru, we didn't have an easy life. We had to fix and make everything by hand, so I learned hard work by example. My brother lost his business and now makes shoes for me in Lima. He hires others to come to my parents' house, and they work in my old bedroom to make booties and oxfords. I'm happy I'm giving back to my people.

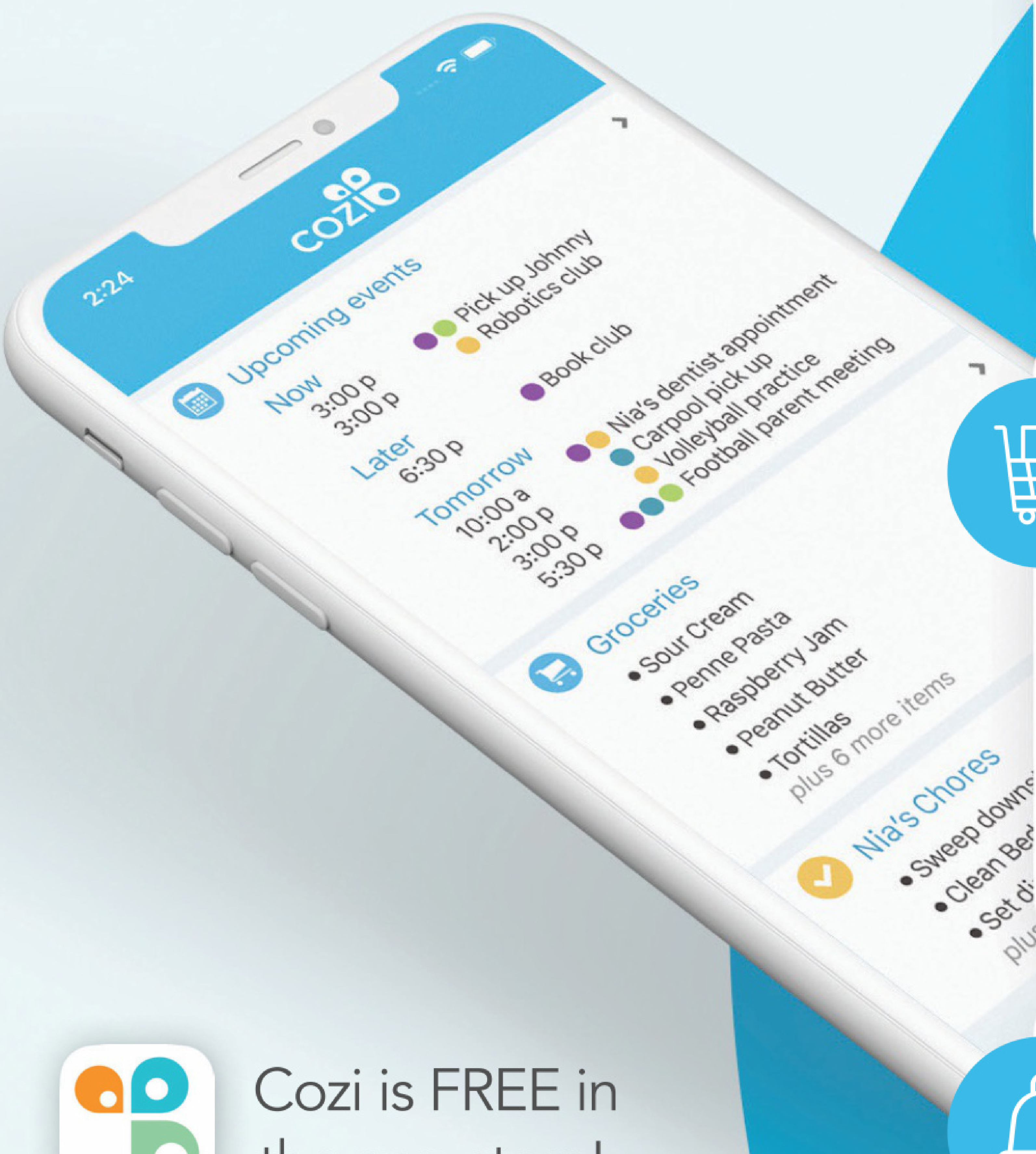
DLM Now that you have a closet full of shoes, what's your favorite pair?
AS It's my oxfords with two buckles, like my first pair. I have one in every color, by the way! They remind me of the first time I bought something for me.

This conversation has been edited for length and clarity.

PHOTOGRAPH: COURTESY OF AIDA STENHOLM

cozi Family life. Simplified.

Start the new year organized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cozi

Upcoming events

Now
3:00 p Pick up Johnny
3:00 p Robotics club

Later
6:30 p Book club

Tomorrow
10:00 a Nia's dentist appointment
2:00 p Carpool pick up
3:00 p Volleyball practice
5:30 p Football parent meeting

Groceries
- Sour Cream
- Penne Pasta
- Raspberry Jam
- Peanut Butter
- Tortillas

plus 6 more items

Nia's Chores
- Sweep down
- Clean Bed
- Set d

plus

A color-coded calendar for the whole family to share

The Williams Family

● Claire >	● Michael >
● Johnny >	● Nia >
● Nana >	● Papa >

A shared list so anyone can add items and pick up the groceries

MEAT

☐ Chicken

PRODUCE

☐ Lime

☐ 2 Green Bell Peppers

Cozi will notify others and send reminders—so you don't have to!

COZI
1/12 10:00 am
Reminder: Nia's dentist appointment

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★★★★★ 4.8 stars

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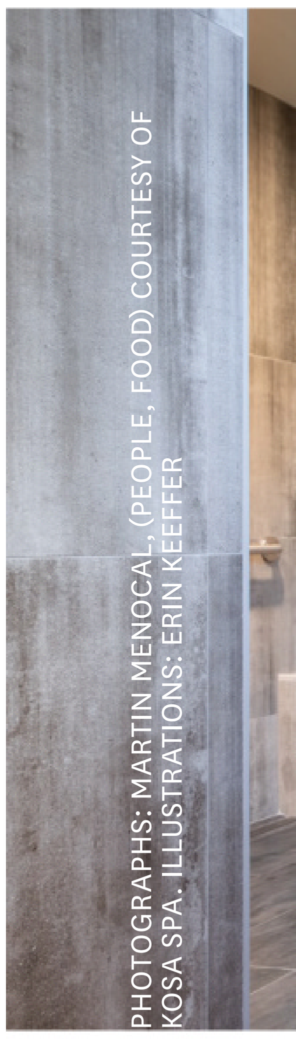
on balance

A new Wisconsin day spa rooted in Ayurvedic medicine teaches an ancient form of self-care.

IMAGINE LYING STILL for 45 minutes while warm oil is poured over your third eye (forehead), melting away tension like butter. Sound like bliss? Known as *shirodhara,* it's a technique of Ayurveda, a holistic approach to medicine and longevity dating back 5,000 years in India. You can try it at Kosa (KO-sha), a new spa in the Garver Feed Mill, a food hall-meets-wellness center in Madison, Wisconsin. Founder Shilpa Sankaran describes Ayurveda as the science of life and how the universe relates to your body. Practitioners believe humans are made up of the elements around us—space, air, fire, water and earth—and that we're healthiest when those elements are in balance in our minds and bodies. Kosa aims to help guests find that equilibrium through spa treatments like lymphatic massages, sanctuary retreats, in-depth self-discovery counseling and Ayurvedic food at Kosa Kitchen.

For India-born Sankaran (*center*), opening Kosa was a return to her roots—and to her childhood home. Working in tech consulting in San Francisco and Chicago, she found the fast-paced lifestyle took a toll on her health. "Culturally, growing up, my family was always doing little things [to improve our well-being] that I'd forgotten about," she says. "This was my journey of finding myself and getting more in touch with my own body."

Acknowledging everyone's wellness path is ongoing, Sankaran says Kosa is meant to be a place that's accessible and enjoyable. Here, you can enjoy a full spa experience while disconnecting (no devices allowed) and kick-start those baby steps toward improving your health. *kosaspa.com*



PHOTOGRAPHS: MARTIN MENOCAL, (PEOPLE, FOOD) COURTESY OF KOSA SPA. ILLUSTRATIONS: ERIN KEEFFER

WRITER **KELSEY OGLETREE**

KOSA
AYURVEDIC SPA

AT-HOME

ayurveda

Shilpa Sankaran suggests small shifts for winter self-care and immunity.

FILL YOUR MUG
In the morning, sip warm water with lemon to flush your system. It also helps keep your body in a warm, moist state and aids digestion, especially in cold months. Avoid ice water and sugary drinks this time of year.

MIND YOUR MOUTH
First thing in the morning, use a stainless-steel or copper tongue scraper to gently scrape your tongue from back to front up to 10 times. This helps to remove toxins, freshen your breath and wake up your taste buds.

COOK FOR COMFORT
Raw, rough or dry foods can negatively impact digestion in winter. Add more cooked meals into your rotation, like nourishing one-pot stews with root vegetables and warming spices like cumin, cinnamon and ginger.

BRUSH UP
Before showering, use a dry brush or raw silk gloves to make long strokes toward the center of your body, and in a circular motion around joints. This energizing practice stimulates lymphatic, circulatory and nervous systems.

recipe for success

Make a New Year's self-care resolution (and actually stick with it) with these smart finds.

1

SOAK IT IN

Prioritize *you*, for real, by carving out time for a weekly bath. Go all in with Equilibria's Mindful Mineral Soak, infused with both CBD and essential oils to calm mind and body. It comes from a female-owned company in Chicago that's revolutionizing the CBD market. $45. *myeq.com*

2

TEST THE WATER

Set a goal to wash your face every night, no matter how tired you are, and keep Garnier SkinActive Micellar Cleansing Water on your bathroom counter. This two-in-one cleanser works as both makeup remover and face wash. Apply with a cotton pad or tissue, swipe across your skin, and hit the sack—no rinsing required. $5. *ulta.com*

3

DOSE UP

If you struggle to keep up with taking vitamins, consider a Nurish by Nature Made Vitamin Subscription. Each box includes a month's supply of daily vitamin packs, filled with personalized supplements based on an online, science-based assessment. From $35 per month. *nurish.com*

4

WASH AND GO

We're gonna go on a limb and guess that washing makeup brushes isn't high on your to-do list. Enter MakeUp Eraser's The Sponge, the first-ever machine-washable makeup sponge; pop it in the plastic wash ball and toss it in alone or with towels. $18. *sephora.com*

5

SLEEP TIGHT

Besides boosting your immunity, a full night of sleep will give you the energy and outlook to help achieve every *other* goal. The Sleep Rollerball from Minneapolis-based Essence One features calming essential oils blended to help you chill out and unwind at bedtime. $18. *essenceone.life*

6

COMPLEXION PERFECTION

Repeat after us: I will wear sunscreen every single day. Stock up on It Cosmetics' Your Skin But Better CC Cream SPF 50+. In addition to that oh-so-important daily dose of sun protection, it provides color coverage, hydration and even anti-aging benefits. Multitasking for the win. $40. *ulta.com*

FROM AN EXPERT

Tatjana Dzamov, the lead medical aesthetician at Donaldson Plastic Surgery in Columbus, Ohio, urges clients to avoid falling into the trap of a complicated routine with too many products. Her biggest tips: Resolve to cleanse and moisturize morning and night, two simple steps that can make all the difference for your skin.

1

EQUILIBRIA
PREMIUM CBD FOR WOMEN
Mindful Mineral Soak
CBD MINERAL SALTS INFUSED WITH JASMINE + GARDENIA ESSENTIAL OILS
4 BATHS PER BAG
200MG | 8OZ

2

GARNIER
SKINACTIVE
NEW
Micellar Cleansing Water
All-in-1
Removes makeup + cleanses + soothes
No rinse, No harsh rubbing
Face, lips, eyes
ALL SKIN TYPES, EVEN SENSITIVE
3.4 FL OZ / 100ml

3

nurish
By Nature Made
30 Daily Packs
Dietary Supplement
Megan
Pack light.
And take everything in.
nurish.com

4

5

e|o
rollerball
SLEEP

6

it
YOUR SKIN BUT BETTER
CC+
Color Correcting Full Coverage Cream
Anti-Aging Hydrating Serum
SPF 50+
UVA/UVB
Broad Spectrum Physical Sunscreen

WRITER **MELANIE RUD**

my life
4:12
HOW ARE YOU?
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Check-in
Explore
Journeys
Me
More

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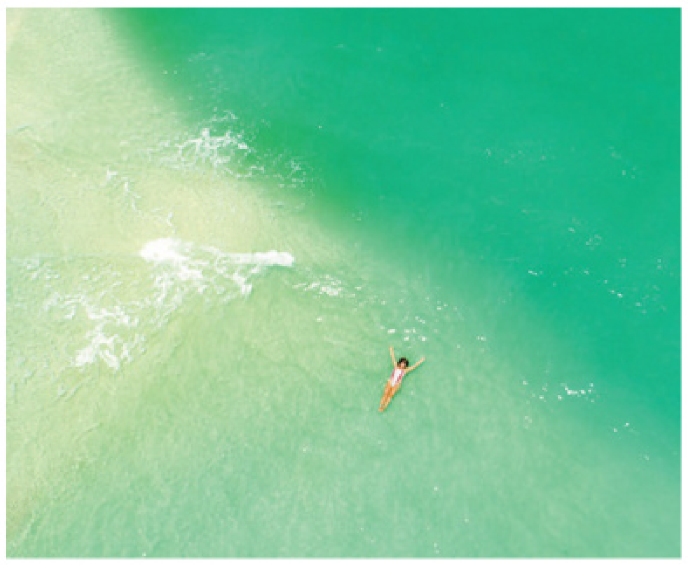

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FortMyers-Sanibel.com/plan-your-trip

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PetoskeyArea.com

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TravelSouthDakota.com/COVID

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MichiganApples.com

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travel

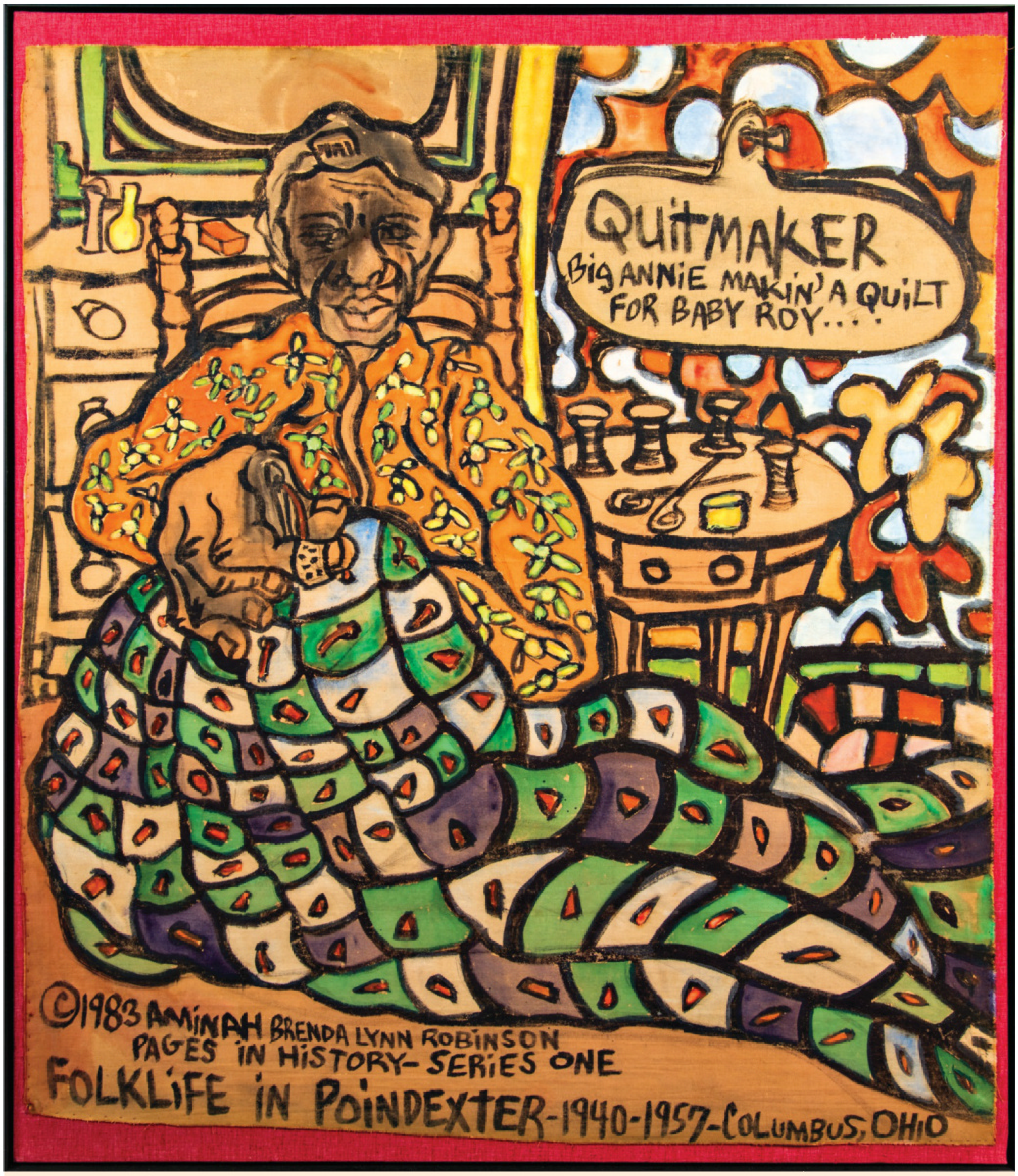
GINGER CRICHTON,
SENIOR EDITOR

HAPPY FEED

Ever since last spring's lockdown, the penguins at Chicago's Shedd Aquarium have become must-see TV on my Instagram, waddling all over during off-hours for visits to their neighbors. Follow @shedd_aquarium for regular doses of cute (and interesting science, too).

BLUEGRASS HIT

Just across the Ohio River from Indiana in Kentucky, bucolic Hermitage Farm is a new enterprise from the creator of the 21c Museum Hotels brand. See the workings of a thoroughbred farm; sample bourbons from across the state; and feast on an ever-changing menu, with dishes like bison schnitzel, in the Barn8 restaurant. (One pandemic-friendly perk: Diners can reserve private tables in converted horse stalls.) *hermitagefarm.com*

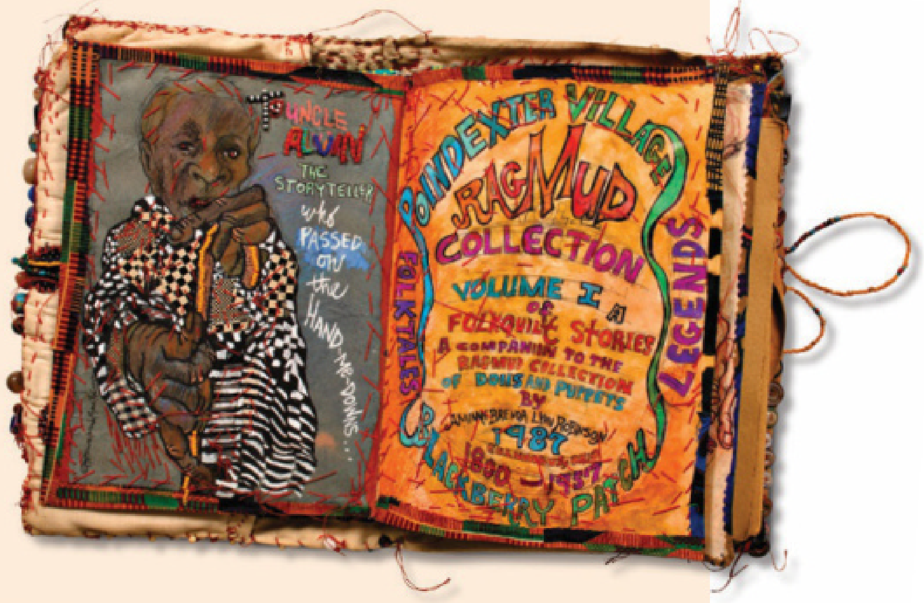

QuitMAKER
Big ANNIE MAKIN' A QUILT FOR BABY ROY...
©1983 AMINAH BRENDA LYNN ROBINSON
PAGES IN HISTORY- SERIES ONE
FOLKLIFE IN POINDEXTER-1940-1957-COLUMBUS, OHIO

↑

CALENDAR

RAGGIN' ON *Through October 3, 2021*

In 2015, Ohio artist Aminah Brenda Lynn Robinson left most of her estate to the Columbus Museum of Art. Now open, this landmark exhibit features her work and journals, plus furniture she made and art she collected. Co-curator Deidre Hamlar says, "We want guests to see, feel and embrace the complex layers of meaning, materials, colors, stories, history and intensity embedded in her work." *columbusmuseum.org*


UNCLE ALVIN
POINDEXTER VILLAGE
RAGMUD COLLECTION
VOLUME I
FOLKTALES
LEGENDS
BLACKBERRY PATCH

In pieces such as *Big Annie Makin' a Quilt for Baby Roy* and *Poindexter Village Ragmud*, Aminah Robinson used paint, beads, rags and words to capture "everyday lives and culture of Black people."

PHOTOGRAPHS: (ARTWORKS) COURTESY OF COLUMBUS MUSEUM OF ART, (PENGUIN) COURTESY OF SHEDD AQUARIUM, (RESTAURANT) COURTESY OF BARN8

mom's the word

Forget Mom and Pop. Mothers and their *kids* run the show at these spots.

FLOUR HOUSE BAKERY AND COFFEE

PHOTOGRAPHS: (BAKERY) JOE CRIMMINGS, (MARQUEE) COURTESY OF THE IOWA THEATER, (WINERY) COURTESY OF KC WINE CO.

At Flour House Bakery and Coffee, the scent of pumpkin cinnamon rolls with caramel icing dances in the air, spicy and sweet. With its original wood floors, arched windows and tin ceiling, the bakery looks like the elegant 1870s pharmacy it once was. But it smells like home—and that has kept this sunny Main Street spot just off Interstate-80 in Princeton, Illinois, bustling, even during a pandemic.

"Everything we make is something that their mom or their grandma made," says Terri Zearing, who runs the business with Sallee Zearing, her daughter. "It's all from scratch and it's made on-site."

Shifting to takeout-only wasn't how the duo planned to celebrate seven years in operation. But they're taking this challenge (like all the others that come with starting a small business) in stride, baking up the bagels, biscotti and monster cookies their customers have come to count on. "It has been quite the journey, to say the least," says Sallee. "We've had our ups and downs, but I just can't quite imagine doing this with anyone else."

She's not the only one. You'll find intergenerational dream teams behind all these spots, proving that maybe Mom *does* know best. Or, at the very least, she makes a mighty good business partner.

WRITER **ALICIA UNDERLEE NELSON**

THE IOWA THEATER

Winterset, Iowa

A vaudeville-era small-town movie house operating at 20 percent capacity (and without a single new film for months) should be struggling. But when Marianne Fons and her daughter, Rebecca Fons, spearheaded a $1.5 million restoration and reopened this Italianate gem in 2017, they promised the marquee would never go dark again. Residents who recall 35-cent tickets can still escape into a classic film or a Hollywood blockbuster, complete with Iowa wine and real-butter popcorn.

IOWA
GLASS CASTLE TH 7
WIND RIVER F7 SA 2 7 SU 2
ARTOON SAT 11 CLASSIC WED 7
NOW SHOWING

"You can see the marquee aglow from blocks away. It gives me shivers every time," says Rebecca Fons. "It's one of the things I'm most proud of in my life."

order up

You'll also find cool multi-gen stories behind these online retailers.

MOLARÁ BRANDS
In Nigeria, Josephine Oyelakin hires artisans to craft headbands and wraps from raw silk and bold Ankara fabric. In Minneapolis, daughter Omolara sells them, plus shirts and baby onesies declaring Strong Women, Strong World.
molarabrands.com

BISON BOOTIES
Erica Hager first stitched soft-soled baby booties for her daughter. Now it's a business. Her mom, ReNay, assists with sales, and grandma Irene helps sew the booties, adult slippers and face masks in Mandan, North Dakota.
bisonbooties.com

DOOR COUNTY COFFEE AND TEA CO.
Along with her sons and daughter-in-law, Vicki Wilson ships fresh-roasted coffee and fruit preserves from Wisconsin—including many made with the region's legendary cherries.
doorcountycoffee.com

MAMA TI'S AFRICAN KITCHEN

Brooklyn Park, Minnesota

When Jerome Butler opened his Twin Cities Liberian restaurant, he knew exactly who he wanted to run the kitchen—his mother, Bambe Brooks. Now customers can sample Bambe's interpretation of her own mom's recipes, as well as dishes she's developed herself. Bambe recommends cassava leaves prepared with antioxidant-rich red palm oil, jollof rice or oxtails with white rice. "We don't have machines. We do it the old-fashioned way, with our hands," she says. "Everything we make here is fresh." That includes the refreshing, four-ingredient ginger beer; fans order it by the gallon from Mama Ti's online store.

THE BLUE OWL RESTAURANT AND BAKERY

Kimmswick, Missouri

Mary Hostetter has served her mom's and grandma's recipes at The Blue Owl, a cafe outside St. Louis, since 1985. In 1997, her daughter Kim signed on to help run the business. Life was relatively quiet until the world (including Food Network, Oprah and, yes, MWL) discovered Mary's Levee High Apple Pie, a towering creation packed with 18 apples, available for shipping. "When people come to The Blue Owl, it's for more than just good food," Kim says. "My mom greets everyone at the door."

KC WINE CO.

Olathe, Kansas

Julie and Kirk Berggren dreamed of expanding their pumpkin patch. Their daughter, Taylor Roesch, explains that Plan B emerged while Kirk was working abroad: "My mom and I hopped a fence, and she put in a bid and bought this property while he was in China. She made a phone call and said 'Hey, we bought a vineyard!'" Now the family grows both pumpkins and grapes, as well as blackberries and flowers. Julie and Taylor's KC Wine Co. tasting room serves wine and cider, plus wine slushies and Vine Coolers (basically boozy frozen pops), a hit product that's available at Kauffman Stadium during Royals games.

MEYERS DEPARTMENT STORE

Watford City, North Dakota

In 2011, Beth Veeder bought an old department store and began transforming it into a boutique. Last year, it weathered twin shocks that rattled her scrappy western town. "It wasn't just the pandemic," Beth explains. "We lost the oil industry just like that—overnight." To compensate, she expanded online sales, bringing the Meyers look to the masses. Each filmy dress, cozy cardigan and pair of chunky boots is something Beth and her three daughters (who double as buyers and muses) love and wear. Alex Ann handles purchasing. Lindsay manages the coffee shop and art gallery Beth owns next door. Jessie, a popular musician, headlines open mic nights out front, with the next generation of Veeder girls dancing at her feet.

inhale MOMENTS *exhale* MEMORIES

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J.N. "DING" DARLING NATIONAL WILDLIFE REFUGE

J.N. "DING" DARLING NATIONAL WILDLIFE REFUGE

Enjoy close encounters of the bird kind at this 6,400-acre wildlife refuge on Sanibel Island. Named for a Pulitzer Prize-winning cartoonist and early conservationist, the refuge is home to 245 species of birds, including wading ibis, vibrant pink roseate spoonbills and migratory white pelicans with 9-foot wingspans. Hop on a rental bike from Tarpon Bay Explorers to cover the 4-mile paved wildlife drive.

EDISON AND FORD WINTER ESTATES

The minds behind the light bulb and the assembly line were also smart enough to winter on Florida's gulf coast. Thomas Edison and Henry Ford were neighbors, and you can poke around the grounds of their homes in historic downtown Fort Myers. Edison's home features the formal Moonlight Garden and his treasured botanic laboratory, which was operational until 1936.

EDISON AND FORD WINTER ESTATES

HISTORIC GASPARILLA ISLAND LIGHTHOUSE

FORT MYERS RIVER DISTRICT

SCENIC SUNSETS

Sanibel Island. A cruise with dolphins adds to the magic.

Fort Myers Beach Fishing Pier. When it comes to sunset photo ops, this pier has no peer.

Lovers Key State Park. See why it got the name and is a fave wedding spot.

Mound House on Fort Myers Beach. Spend sunset kayaking Estero Bay.

South Seas Island Resort. From a beachside bar, watch manatees peek above the surf.

The Mucky Duck on Captiva Island. As you sit outside, live music becomes a sunset serenade.

BIRDS, BEACH & BEYOND

FORT MYERS RIVER DISTRICT

Stroll the vibrant heart of downtown to see captivating public art, including rustic steel statues by Colombian sculptor Edgardo Carmona. The works include a juggler on a unicycle, a boy fishing, a snow-cone vendor and a ribbon dancer. Also see the Fort Myers Mural Society's vibrant depictions of the area's rich art presence within the downtown district, and a cylindrical light sculpture called ***Caloosahatchee Manuscripts*** outside the Sidney and Berne Davis Art Center.

BLIND PASS BEACH AND TURNER BEACH

These twin sandy stretches, near a small bridge linking Captiva and Sanibel, promise some of the best seashells in the world. Yet they're often blissfully quiet, especially on weekdays. And there's no sleight of hand in this shell game—just eye the long lines of dazzling conch, scallop and whelk shells.

GASPARILLA ISLAND STATE PARK

Dolphin sightings, uncrowded beaches and world-class tarpon fishing draw folks to the globe-blue waters around Gasparilla Island. Take the long land route from north of Fort Myers, or arrive by water on Captiva Cruises. The lighthouse was built in Delaware in 1888, relocated and reconstructed here in 1927, and is open to the public after a 2018 restoration.

BLIND PASS AND TURNER BEACH

BEACH IN FRONT OF THE MUCKY DUCK

GET TO KNOW

SHAYNA SANGSTER

Spin instructor and marketing director for the Indiana Fever, Indy's WNBA team. Lansing, Michigan, native. Unabashed lover of carbs.

JUST RIDE CYCLING

shifting gears

In the shells of old factories, an Indianapolis neighborhood is manufacturing something altogether new—buzz.

COOLNESS HAS A WAY of seeping through a city's neighborhoods by osmosis. Take Indianapolis. For years, the southwest end of Massachusetts Avenue has been the short answer to, "Where should I shop or get a drink?" But that energy has hopped northeast over a tangle of interstates to creep farther up Mass Ave. into Windsor Park, one of the city's earliest streetcar suburbs.

The Circle City Industrial Complex (CCIC), a hulking auto parts factory that now houses an eclectic family of artists and small businesses, jump-started the metamorphosis five years ago. Major bike and pedestrian thoroughfares like the Indianapolis Cultural Trail, the Monon Trail and Pogue's Run offer direct access. Soon, Bottleworks District, a mixed-use development with a food hall and boutique hotel, will open in an old Coca-Cola plant, promising to lure even more traffic to this emerging area. (Food trucks already park outside.)

Shayna Sangster has had a front row (bike) seat to the revival. She's been leading spin classes at Just Ride Cycling, a studio on the CCIC campus, for several years and took over ownership in 2018. "It's definitely an up-and-coming neighborhood," she says. "Since I've been here, I've seen lots of investment in housing and some really cool, unique spots popping up. It's a more mature continuation of Mass Ave.—more settled with more families, but still young and fresh."

WRITER **AMY LYNCH**

meet the neighbors

Here's how Sangster recommends exploring the Windsor Park area:

GET CULTURED

There are so many galleries and individual artists worth checking out during a CCIC First Friday open house. **Full Circle Nine** is probably the largest. Also **Katrina J. Murray Studio and Gallery**. I'm also really excited for the new **Kan-Kan Cinema and Brasserie** indie movie house to open when it's safe, with a restaurant by star local chef Abbi Merriss.

GRAB A DRINK

Centerpoint Brewing hosts trivia nights on Thursdays, and dogs are always welcome. **8th Day Distillery** is another great place to hang out with friends. I also love the golden milk at **Provider** coffee shop.

EAT WELL

All our **Just Ride** members go to the **Growing Places Indy Winter Farmers Market** after Saturday morning classes. It's like a big weekly block party. **Beholder** is good for dinner and drinks. **Lick Ice Cream** offers super-creative flavors like Gorgonzola candied pecan and chocolate cherry amaretto. Or just give me a croissant or some great bread with lots of butter at **Leviathan Bakehouse**, and I'm all in.

TRY SOMETHING NEW

I haven't been to **Fowling Warehouse Indy** yet, but it looks like so much fun; it's a combination of football and bowling. And **Indy Fused Glass** hosts group classes where you can make your own art items.

BEHOLDER

LICK
Blueberry & Sweet Corn Cookie
LICK ICE CREAM

COCA-COLA BOTTLING COMPAN
BLT
BOTTLEWORKS DISTRICT

SATCH ART SPACE, CIRCLE CITY INDUSTRIAL COMPLEX

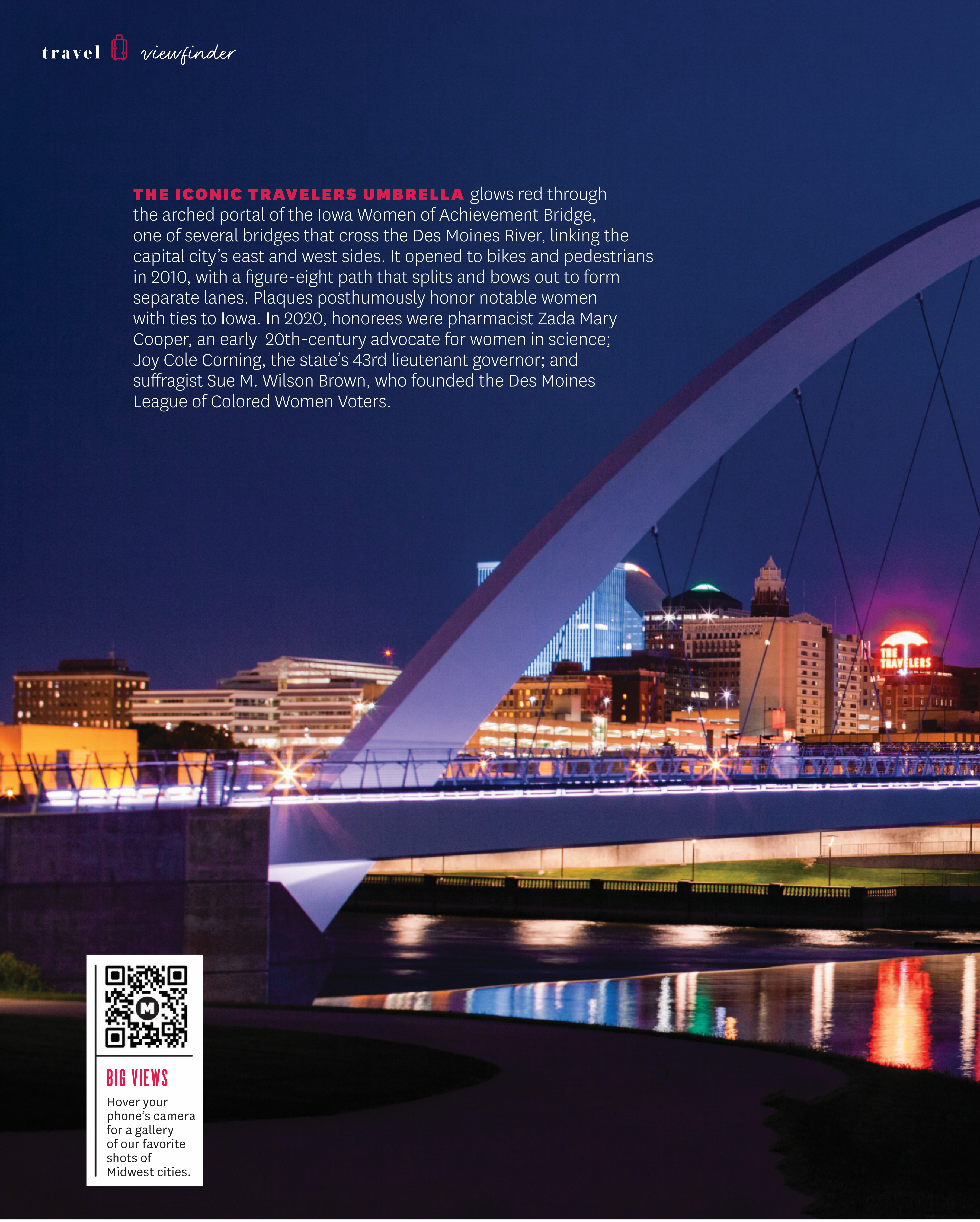
8TH DAY DISTILLERY

LEVIATHAN BAKEHOUSE

> "We're one of those communities where people just pull together and make things happen."
>
> shayna sangster
>
> OWNER, JUST RIDE CYCLING

PHOTOGRAPHS: (JUST RIDE, SANGSTER) COURTESY OF JUST RIDE, (ARTIST, 8TH DAY) CLIFF RITCHEY, (BEHOLDER) MALLORY TALTY, (ICE CREAM) @BUT.FIRST.DESSERT, (BOTTLEWORKS) COURTESY OF VISIT INDY, (CROISSANT) JESSICA KARTAWICH

THE ICONIC TRAVELERS UMBRELLA glows red through the arched portal of the Iowa Women of Achievement Bridge, one of several bridges that cross the Des Moines River, linking the capital city's east and west sides. It opened to bikes and pedestrians in 2010, with a figure-eight path that splits and bows out to form separate lanes. Plaques posthumously honor notable women with ties to Iowa. In 2020, honorees were pharmacist Zada Mary Cooper, an early 20th-century advocate for women in science; Joy Cole Corning, the state's 43rd lieutenant governor; and suffragist Sue M. Wilson Brown, who founded the Des Moines League of Colored Women Voters.



BIG VIEWS

Hover your phone's camera for a gallery of our favorite shots of Midwest cities.

PHOTOGRAPHER **KARLA CONRAD**

Dam

WINTER GETAWAYS

DID YOU KNOW AN AMAZING WINTER ESCAPE IS JUST A CAR RIDE AWAY? Whether you need to relax, rejuvenate, or refresh (or all three), we've got you covered. From nature walks in the fresh outdoors with majestic views, to life on the river, or snow activities in abundance, you can choose the trip that speaks to you—so read on and plan now, your adventure awaits.

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SOUTH DAKOTA

Some things are better in person, like pine-scented joyrides through Black Hills National Forest. Great places are waiting. When you're ready, get back to exploring them. See how South Dakota businesses are prioritizing safe travel during COVID.

TravelSouthDakota.com/COVID

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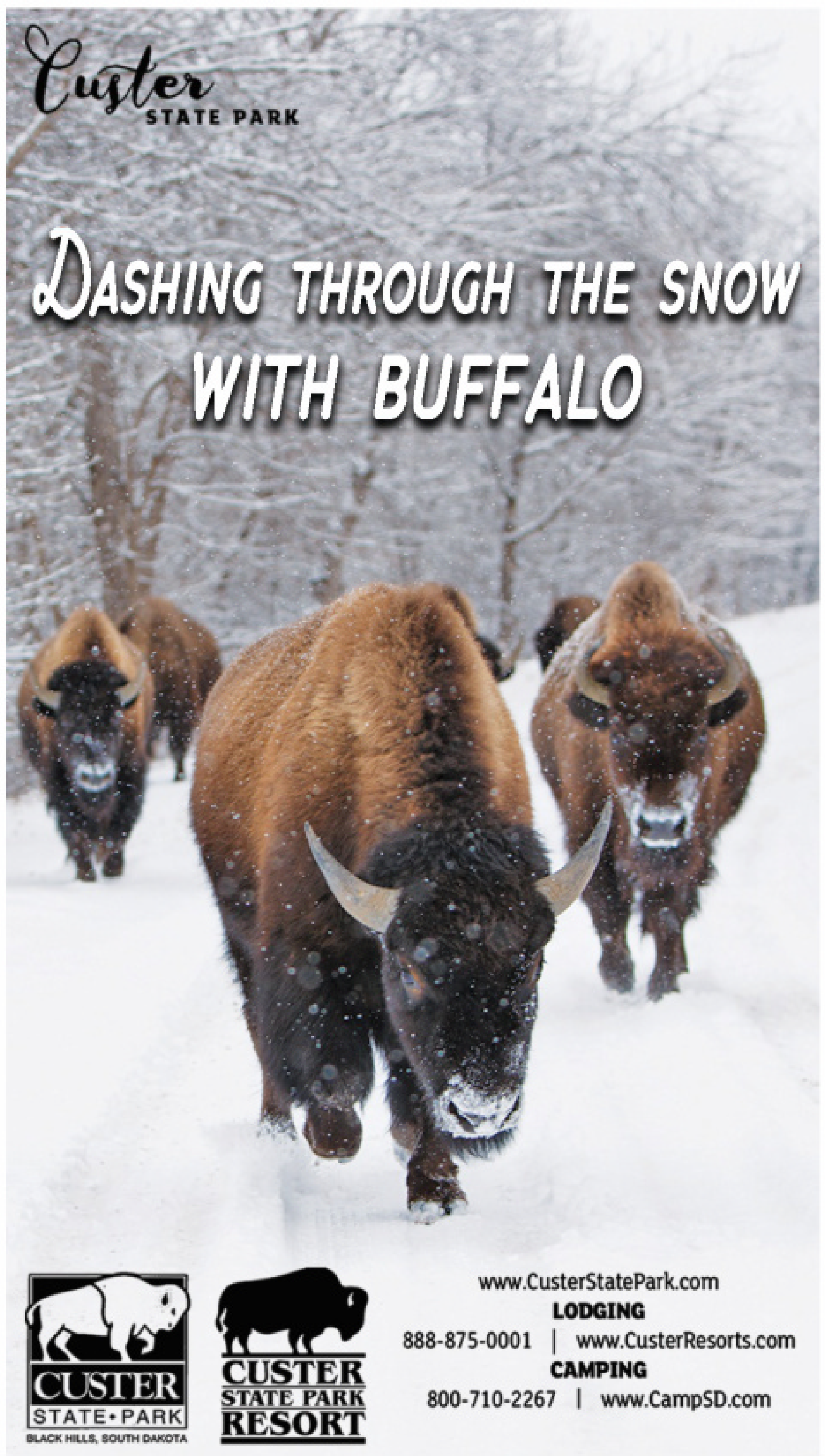

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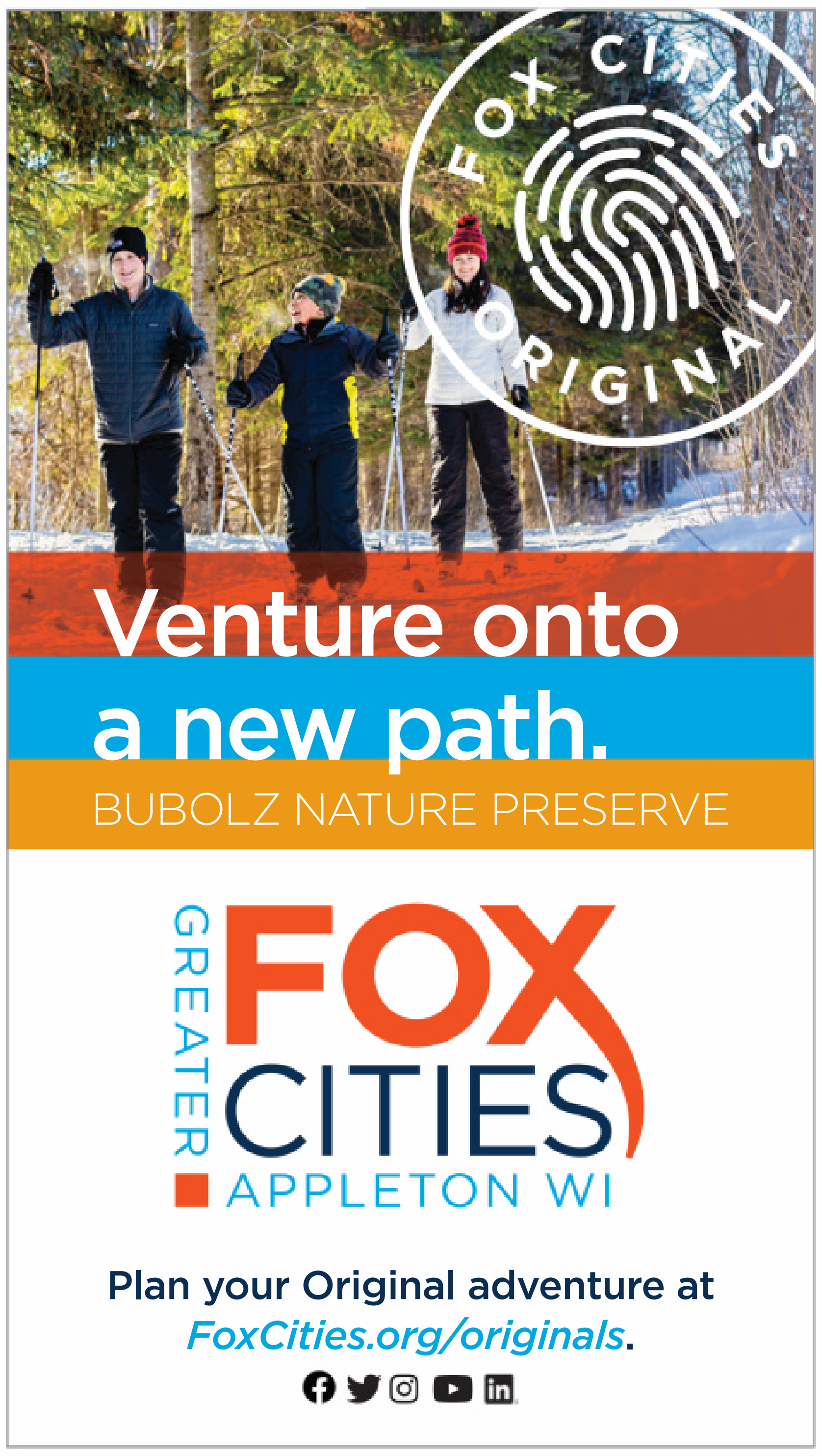

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Menomonie, Wisconsin

Winter in Menomonie Checklist

- ☐ Snowshoeing
- ☐ Cross Country Skiing
- ☐ Visit a Supper Club
- ☐ Visit a Café
- ☐ Shop Downtown
- ☐ Bowling
- ☐ Snow Tubing
- ☐ Ice Fishing on Lake Menomin
- ☐ Tour the Mabel Tainter Theater
- ☐ Axe Throwing

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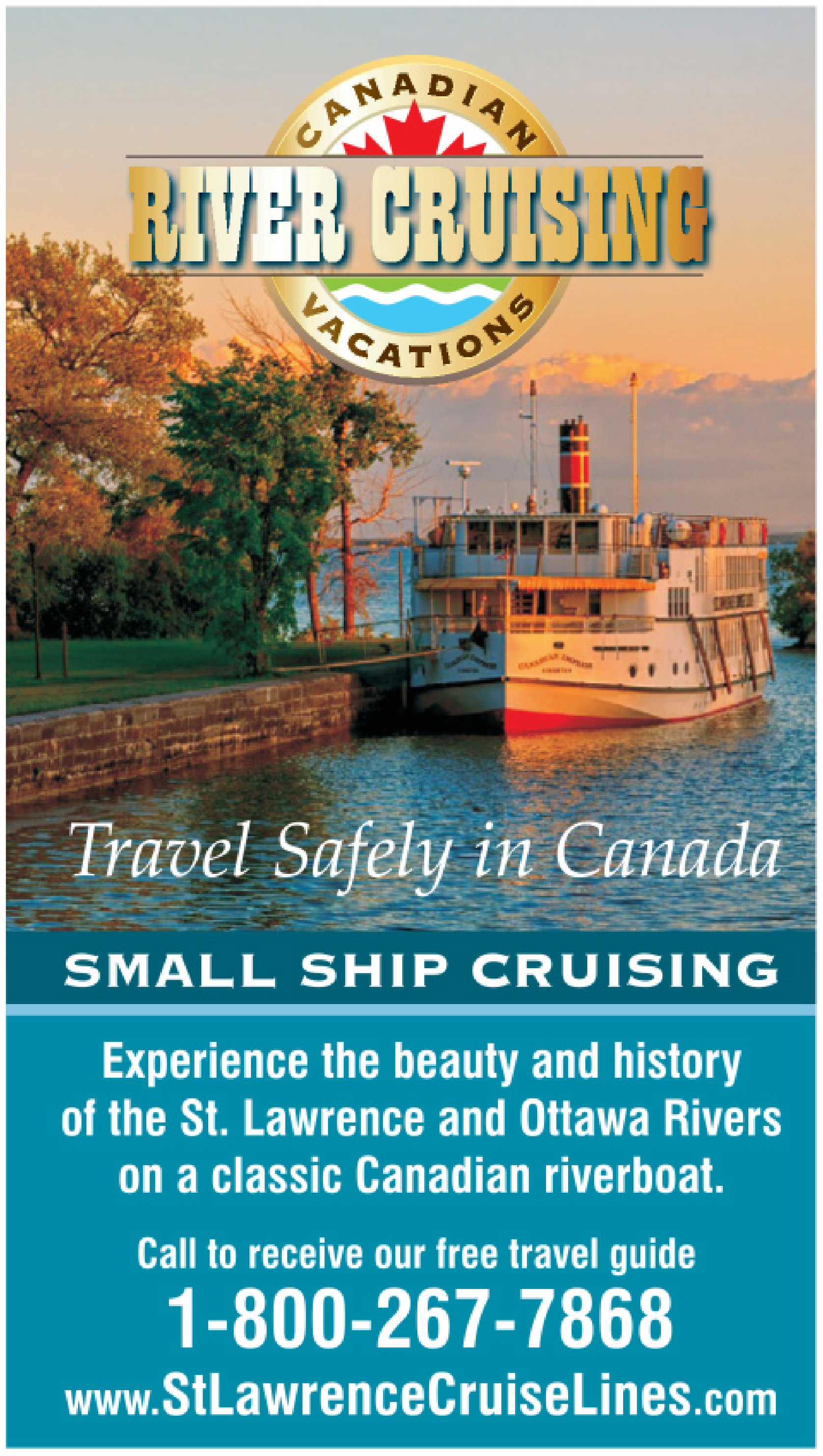

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history loves company

For the price of a road trip south, Savannah, Georgia, offers wanderlust-y Midwesterners a taste of Europe—and a mild winter escape.

WORMSLOE STATE HISTORIC SITE

HISTORY DRIPS FROM SAVANNAH, GEORGIA, the state's oldest city, like its ubiquitous Spanish moss. Much of that history is sweet. Fairy-tale carriages roll past Gaston Street's elegant, shoulder-to-shoulder homes. The brown-sugary scent of pralines wafts from shops. And in March, azaleas bloom beneath moss-laden oak limbs in a stunning pink display.

Savannah is one of the most romantic spots in the U.S. It's like Europe, really, thanks largely to its Italianate, Georgian, Romanesque, Gothic and Greek Revival architecture. The iconic Cathedral Basilica of St. John the Baptist is a French Gothic pièce de résistance. The sense of being in another country—different accent, flora, flavors—is part of the fun.

So is discovering the squares. In 1733, Gen. James Oglethorpe planned Savannah with open squares for military drills; as the city grew, the squares multiplied. Today, 22 of these mini parks remain. Roads stop to wrap around them, maddening motorists but making the town a dream for pedestrians. And it's easy to spot strolling Midwesterners—they're wearing shorts when January high temps hit their 60-degree average. Some carry loaded beverages: Open containers (plastic) of alcohol are legal on the streets of the historic district, where it's (almost) always happy hour.

So eat, drink and be merry here, but in a time of frank conversations about race, don't shy from the more bitter flavors of local history. The African American Monument on Rousakis Riverfront Plaza shows a Black family with slavery's chains at their feet. The inscription—poet Maya Angelou's graphic account of slave-ship life—lands a gut punch. A half mile away at First African Baptist Church, once a stop on the Underground Railroad, air holes drilled in the floor mark where escaped slaves hid beneath the planks.

WRITERS **GARY THOMPSON** AND **HANNAH AGRAN**

Like old European cities, Savannah has endured a lot. It was captured by the British in the Revolutionary War, spared by Gen. William T. Sherman in the Civil War, and fractured by segregation and the civil rights movement.

Survival has honed Savannah's instinct for self-preservation. Decades ago, the city began protecting and restoring its architectural treasures, with part of downtown becoming a National Historic Landmark District. More recently, once abandoned properties have morphed into craft breweries, art museums and hotels.

There's new construction too. The mixed-use Eastern Wharf development is adding homes, retail and rec near the historic downtown. As old live oaks and verdant squares share more of the city with chic boutiques and cutting-edge restaurants, Savannah evolves into equal parts traditional and pioneering. A new generation is writing its own chapter in city history, drawing from the bitter and the sweet.

TYBEE ISLAND

SAVANNAH AFRICAN ART MUSEUM

DO

OLD SAVANNAH TOURS Among the trolley companies, Old Savannah stands out with actors playing historical and cultural figures. Hop on to meet British architect William Jay, Haitian fruit sellers and Forrest Gump.

FORSYTH PARK This lush 30-acre park on the edge of the downtown historic district attracts concerts and sports as well as strollers and sunbathers. The fountain at the north end is lit up at night.

SAVANNAH AFRICAN ART MUSEUM Marvel at captivating ceremonial and spiritual objects from the 19th and 20th centuries. The collection of more than 1,000 West and Central African pieces includes beadwork, textiles, masks and wood carvings.

TYBEE ISLAND Day trip 30 minutes from downtown Savannah to this beach community with long stretches of natural coastline. A climb up the historic lighthouse gives a panoramic view of the island.

WORMSLOE STATE HISTORIC SITE Snap a pic of a classic Savannah scene at the oldest of Georgia's tidewater estates, established in the 1730s. Hundreds of stately oaks covered in Spanish moss line both sides of an avenue, forming a canopy more than a mile long.

PHOTOGRAPHS: COURTESY OF VISIT SAVANNAH. RESEARCH: TRAVEL + LEISURE

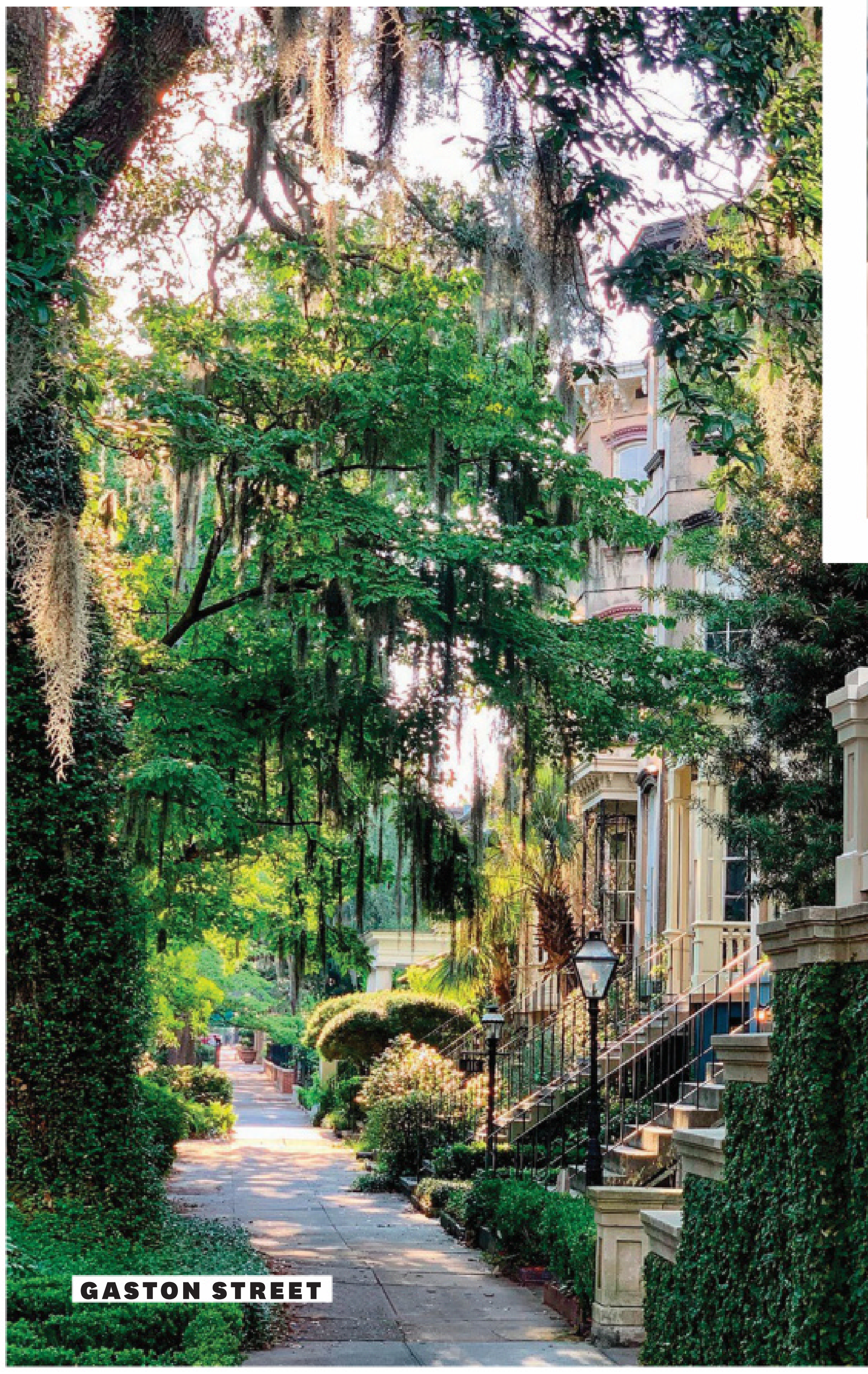
STAY

THE COTTON SAIL HOTEL Housed in a 19th-century cotton warehouse overlooking the Savannah River, this hotel has 56 rooms, many with water views. The Top Deck bar is one of the city's few rooftop drinking spots.

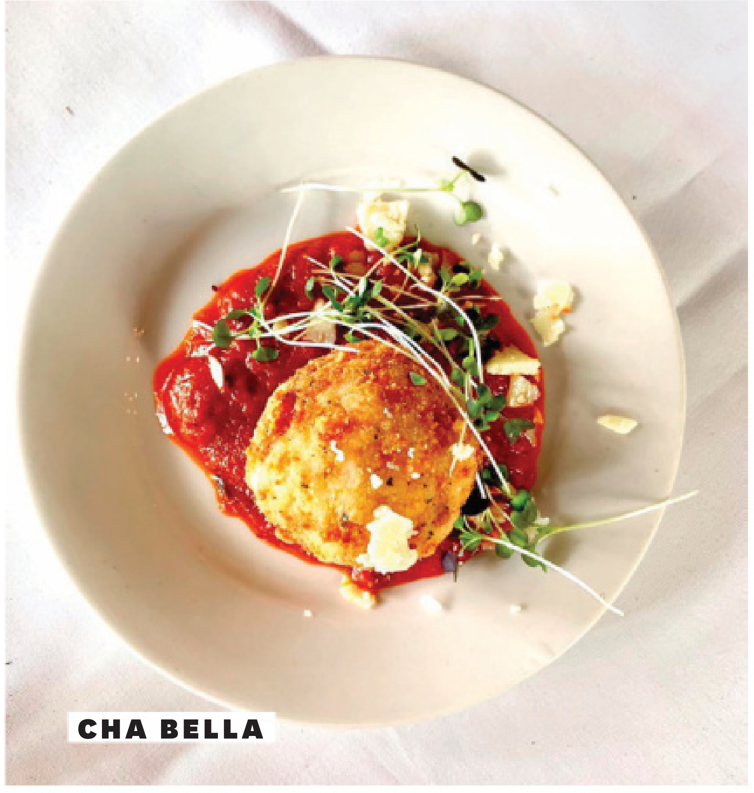
THE KIMPTON BRICE HOTEL A former Coca-Cola bottling plant pops with color and playful decor (like snaking lobby bookcases). Be pampered by seersucker-clad staff and a breezy courtyard.

ELIZA THOMPSON HOUSE Enjoy the intimate atmosphere of this converted private home. All 12 rooms in the main house showcase period artwork and furnishings; some include fireplaces and chandeliers.

ROCKS ON THE ROOF



GASTON STREET



CHA BELLA

CATHEDRAL BASILICA OF ST. JOHN THE BAPTIST

EAT

COTTON AND RYE A neighborhood spot in a former bank—the dining room retains the door to the safe. They take a loving approach to Southern cooking, elevating shrimp and grits with aged cheddar, bacon and tomato. Find inventive cocktails too.

THE GREY An old Greyhound bus terminal now transports diners with contemporary Southern cuisine by chef Mashama Bailey. At lunchtime, sample her dishes at the Diner Bar in front. If you want dinner in the main dining room, better make reservations.

CHA BELLA A day's drive is the farthest that chef-owner Michael Lacy will go to stock the kitchen for a farm-to-table American menu that tilts Italian. Favorites include rack of lamb, baked spaghetti squash and meatballs, and Gouda-and-duck ravioli.

DRINK

ROCKS ON THE ROOF Atop the Bohemian Hotel, enjoy handcrafted cocktails, tempting tapas and river views—and maybe a ship or two passing in the night.

ABE'S ON LINCOLN Though he was not on the 1860 ballot in Georgia (and other Southern states), the 16th president is all over this neighborhood bar. Come for beer and shots, stay for—and add to—napkin art.

THE WYLD A dock bar set on the outskirts of town, The Wyld is truly a local haunt with plenty of outdoor seating and a rustic feel that belies a menu of sophisticated small plates and cocktails.

JEN'S AND FRIENDS Still in mourning for Sean Connery? Drown your sorrows James Bond-style with more than 300 takes on the martini, 007's shaken-not-stirred cocktail.

PHOTOGRAPHS: COURTESY OF VISIT SAVANNAH

Warm Weather Getaways

While travel may look and feel a bit different than usual these days, warm weather destinations are the ideal getaway now more than ever. As your best bet for a safe and enjoyable experience, warm temps mean more opportunities to spend most of your time outdoors in wide-open spaces. Get planning, get packing and venture off to one of these sunny spots where white-sand beaches, charming restaurants, swooning sunsets, and endless outdoor activities will leave you yearning to plan your return.

SOUTH WALTON

A LEGACY OF LEISURE

South Walton's 26 miles of sugar-white sand beaches in Northwest Florida offer an all-natural escape, yet perfectly blend modern amenities, world-class cuisine and small town charm into an unforgettable experience.

The days move a bit slower here, and it's this simplicity – a day spent creating memories at the beach – that draws generations of families back to South Walton.

ROOMS WITH A VIEW

From resorts to boutique hotels, South Walton is home to unique architecture, breathtaking views and accommodations to suit any style.

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Your Dream Destination Awaits

THE CHANGE OF SEASON IS THE PERFECT TIME TO PLAN A CHANGE OF SCENERY AND A TRIP THAT CAN BE PERFECTLY CUSTOMIZED TO SUIT YOUR NEEDS.

Known for its unmatched and unspoiled 26 miles of beautiful shoreline, South Walton, Florida offers endless opportunities to find your dream beach destination. Made up of sugar-white sand and turquoise waters on Northwest Florida's Gulf Coast, these 16 acclaimed beach neighborhoods each have their own personality and style. Whether you enjoy being on the move or simply burying your feet in the sand, it's surprisingly easy to settle right in and start unwinding.

South Walton is a dream destination for any season—if you want to escape the drop in temperature or when you just need a break from everyday life, which most of us can likely benefit from these days. While easily accessible by both plane and car, South Walton is definitely worth the scenic drive it may take to get you here. Visitors have an abundance of options like world-class dining, hiking and biking, an unparalleled art scene and colorful local shops, ensuring an incredible variety of activities beyond the beach.

Everything about South Walton inspires you to be outdoors, creating a more relaxed, open and laid-back feel. But there's no shortage of opportunity to quench your thirst for adventure. 40% of South Walton's 56,000 acres is preserved for nature, including the pristine coastal wilderness of four state parks, preserve and forest that native wildlife call home. The area is also home to 15 coastal dune lakes, a geographical feature so rare that it only exists in a handful of places on Earth.

You can fish on a charter boat, rent a kayak or paddleboard to soak in the picturesque waterways. If land is more your scene, browse the local art galleries from Inlet Beach in the East to Miramar Beach in the West. Live nightly music will certainly keep you company whether you're just enjoying outdoor cocktails or indulging in fresh Gulf flavors at an array of 200+ dining options. With an abundance of upscale and award-winning accommodations from beach homes & cottages, condos & villas, and hotels & resorts, there's no wrong option when choosing a place to stay. Pedestrian friendly with unparalleled charm, South Walton is a dream getaway that will create long-lasting memories for years to come.

VisitSouthWalton.com

SOUTH WALTON
FLORIDA

ROLL WITH THE TIDES

There's something especially enjoyable about a vacation that doesn't actually need planning. One of the best perks of a warm weather getaway is being able to relax, unwind and just see where the breeze takes you, whether it be catching rays or sailing with the sunset.

Brighter Days Ahead

Experience the fresh air and change of scenery found along the Alabama Gulf Coast. With 32 miles of expansive coastline and a plethora of outdoor adventures, it's easy to see why families flock to Gulf Shores and Orange Beach to cure their spring fever. Succulent Gulf seafood, sweet Alabama BBQ and to-die-for desserts are what you'll find when dining on our shores. Choose from plenty of locally owned open air and waterfront restaurants with pristine views and even better food. Offering a variety of lodging options—from colorful beach houses, hi-rise condos, nationally recognized hotels and cozy campgrounds, your spring break crew can easily find a home away from home in Gulf Shores and Orange Beach this spring. **GulfShores.com**

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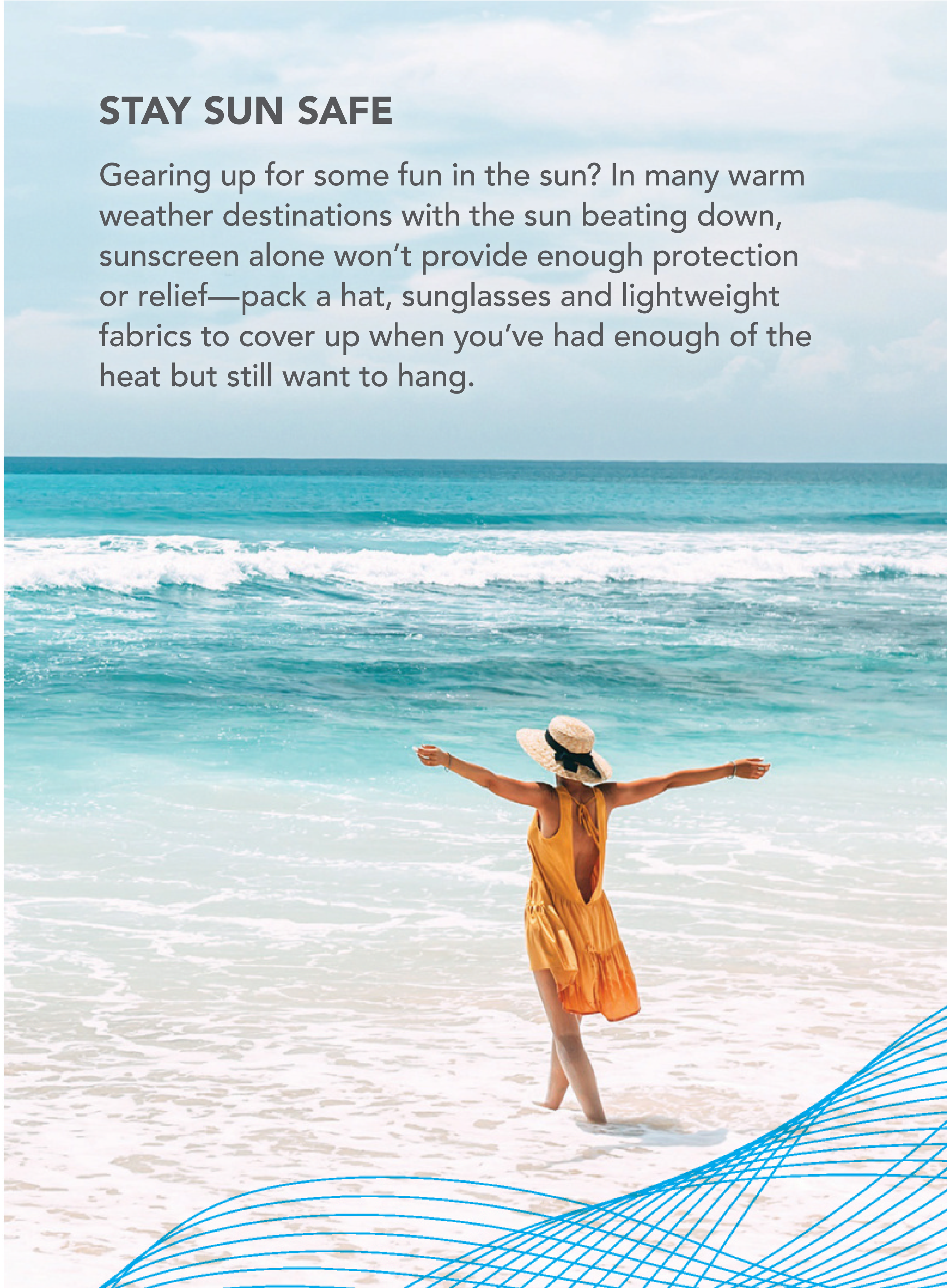
VisitCentralFlorida.org



STAY SUN SAFE

Gearing up for some fun in the sun? In many warm weather destinations with the sun beating down, sunscreen alone won't provide enough protection or relief—pack a hat, sunglasses and lightweight fabrics to cover up when you've had enough of the heat but still want to hang.

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CALIFORNIA

2 **VISIT CALIFORNIA.** The California Visitor's Guide is packed with stunning photography, useful tools and tips to plan future trips for an amazing Golden State Experience! When you feel ready to hit the road again, know that you're always welcome in California. Where will your first stop here be?

FLORIDA

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MEET SEVEN INSPIRING WOMEN WHO HAVE DEVOTED THEIR LIVES TO HELPING OTHER WOMEN—AT HOME AND AROUND THE WORLD.

WRITER **ASHLEA HALPERN**

Lisa Peyton-Caire

MADISON, WISCONSIN

THE FOUNDER *of The Foundation for Black Women's Wellness recounts the very personal journey that inspired her to change the discourse around Black women's health.*

"I grew up in a tight-knit, rural community in Virginia. My mother owned a hair salon called The Beauty Hut, where I was her shampoo girl from age 11 until I left for college. The salon was a haven. You walked in and felt engulfed in love. It was women telling their deepest secrets, their joys, their tragedies. Pedigree didn't matter; these were maids, teachers, professors, factory workers. But when they came in, they were just women healing women.

"The Beauty Hut is where I first observed patterns that influenced my choice to become an advocate. I saw beautiful women lose their lives prematurely from chronic disease. As I learned the language of social inequality, I began to name what I was witnessing. But no one else around me was using those terms. I would hear my mother and others say, 'When God calls you home, you go.' That's church language; it didn't sit well with me.

THIS PAGE Lisa Peyton-Caire, speaking at a Black Women's Wellness Day event. **OPPOSITE, CLOCKWISE FROM TOP LEFT** Elizabeth Emery. Veronika Scott *(right)*. Alyza Bohbot. Jenny Case. Leslie Gill. Blair Brettschneider *(left)*.

PHOTOGRAPHS: (THIS PAGE) COURTESY OF THE FOUNDATION FOR BLACK WOMEN'S WELLNESS. (OPPOSITE, CLOCKWISE FROM TOP LEFT) BRITTANY GRAHAM, COURTESY OF EMPOWERMENT PLAN, COURTESY OF CITY GIRL COFFEE, EMMERLEE SHERMAN, COURTESY OF RUNG FOR WOMEN, COURTESY OF GIRLFORWARD

> *We see ourselves as a movement—an engine powered by Black women.*

"I was like, 'Wait a minute. She was 37. Why would God call her home when she's got three children she hasn't finished raising?' That was a heart attack. It was preventable.

"And then my own mother died at 64. Her death was shocking. Destabilizing. After we buried her, I made a list, starting with my mom's name. Then all these others came to me: Eva, Hazel, Paulette. When I got to about 40, I dropped the pen. This is wrong. These women were not supposed to go this way, this soon. My spirit told me: You have to act.

"Look up any chronic disease—cancer, heart attacks, diabetes—and Black women are disproportionately impacted. But Wisconsin is the rare state where the life expectancy gap between Black and white women is widening. That should disturb everyone.

"In 2009, I launched Black Women's Wellness Day. Forty women showed up. It was so emotional, telling our stories and talking about how to turn this narrative around. We started by mobilizing Black women on the ground; building awareness about chronic illness; and promoting health, education and prevention. Then we created opportunities for women to practice those habits—fitness classes, learning workshops and walking collectives.

"The Foundation spends a lot of time training women as wellness advocates and leaders. We see ourselves as a movement—an engine powered by Black women who are self-healing while becoming conduits of healing for other women in their families and neighborhoods. It's like The Beauty Hut on steroids: a beautiful, warm, inviting community. Twenty years from now, I want to look back and say, 'Look at what we achieved when we supported Black women. Now Wisconsin is the best place in America for Black women's health.' That's what we're trying to achieve."

Leslie Gill

ST. LOUIS

WHEN HER RESALE CLOTHING boutique, Rung, closed in 2017, owner Ali Hogan didn't pen a eulogy; she wrote a new chapter. For nearly a decade, the secondhand shop had helped St. Louis women dress for the job they wanted, not the job they had. But over time, Hogan began to realize clothing alone couldn't move women up the ladder; they needed career coaching, financial services and community support. That's when she decided to relaunch Rung as a charitable organization and bring on president Leslie Gill, a born-and-bred Missourian and veteran of the Girl Scouts of Greater Atlanta and St. Louis' Annie Malone Children and Family Services. In the three years since Gill took over, Rung for Women has expanded from one to 16 employees and set up digs in a freshly renovated $20 million campus. This spring, they'll welcome their first "cohort members," a class of women committed to improving their financial stability, with a goal of serving 400 women per year. Here, Gill explains what lies ahead.

Q What drew you to Rung 2.0?

A I started on this journey to build a world-class organization that would help women achieve holistic self-sufficiency. One of our major tenets is helping more women make more money. And this was the first organization I'd come across that invested in the working poor. Most resources are available to people in crisis, because first you need to stop the bleeding. But Rung is designed to work with people who are just one medical bill, one car payment or one job loss away from being in poverty. Think of all the women—the hospitality workers, early childcare workers—who make too much to qualify for government assistance but not enough to get ahead. Then imagine the ripple effect if you invested in them.

Q How does Rung help women stuck in that limbo?

A We offer direct access and training to middle-skilled job opportunities. These are careers that don't require a bachelor's degree but pay a family-sustaining wage. We talk to HR reps from employers we know are hiring and find out what they need, then we match those needs with skills curated at Rung.

Q So part of that is introducing women to career fields they maybe hadn't considered?

A A lot of our work is about exposure. Plumbers make as much as physicians these days. Or think about all those Amazon trucks on the road, especially in a pandemic. You can make up to a six-figure salary as a diesel tech after a six- to nine-month training program. These are jobs women don't ordinarily think of, but if you're looking to alter the financial course of your life and you're willing to put in the sweat equity, it's life-changing—not just for you but the generation after.

Q What other services does Rung offer?

A As every woman knows, when one area of life is out of whack, everything is out of whack. So we'll provide daily grab-and-go meals for members and their children. We have a gym on-site, where you can get in a workout. There's a therapist and an on-site medical center where you can get mammograms, Pap smears and physicals, all under one roof. We have garden beds and fruit orchards for members who want to grow their own food. And every woman is matched to a life coach who helps her come up with an action plan. Where does she want to be in five years, and what's the path to get there?

Q What is your vision for 2021?

A 2020 was a rough year for everyone, so 2021 needs to be a year of joy and happiness. I hope our community creates both. It's also the start of a new decade. This is the do-over we all desperately need.

more
Podcasts

It's so important to hear from smart, active, adventurous women. The women I talk to are doing incredible things.

Elizabeth Emery

CLEVELAND

Like many guests on Elizabeth Emery's podcast, *Hear Her Sports,* the former pro cyclist once had a hard time calling herself an athlete. It took winning a national title to admit she was good.

"When I was growing up, ice-skating and gymnastics were popular, and I certainly didn't look like that," says Emery, who began cycling competitively in her 20s. "I felt great, I felt strong, but I didn't fit the mold." Back then, she couldn't have fathomed celebrities such as Venus Williams and Lindsey Vonn. It wasn't that amazing female athletes didn't exist; they just weren't visible.

"Forty percent of athletes are women, but only 4 percent of the media coverage is about them," Emery says. "When I heard that, I was like, 'Somebody should start a radio station about women's sports!' Then I realized, 'OK, that's gonna be me.'"

Emery spent a year researching podcast production and listening to men's sports talk radio shows before launching in 2016. Her first guest was friend and accomplished marathoner Ruth Coffey. The scores of guests since have included fencers, golfers, speed skaters, rugby players, para-cyclists, mountain bikers, rock climbers, coaches and sports nutritionists. Diversity is key. "There are so many sports available to all different body types and interests," Emery says. "I cover a range of ability levels so it doesn't seem like the only way to do sports is going for the Olympics."

She hopes her podcast encourages women to be adventurous and try new things, even if they're not sports fans. To that end, she often asks guests about their bumpy starts. "When you see somebody at the top of their game, it's easy to forget how much work they put into it," Emery says. "They probably stunk when they first started!"

Emery has recorded more than 90 episodes to date. "Women athletes are really interested in sharing their story," she says, noting how a podcast's conversational format gives them "adequate space to express themselves and talk about what's important to them." In practice, that could mean anything from trail-running tips to the gender pay gap. Since the start of the pandemic, Emery has also asked her guests why sports matter now and how they practice self-care.

"It's so important to hear from smart, active, adventurous women," says Emery. "The women I talk to are doing incredible things, yet they're just normal people. They're exceptional because they found a niche and they're putting in the work." Strikingly, she observes, 99 percent of her guests also "had that one person who said, 'You can do it.'" If Emery can pass that same shot of confidence along to listeners, she's done her job.

PHOTOGRAPHS: (GILL) COURTESY OF RUNG FOR WOMEN, (EMERY) BRITTANY GRAHAM

DEARBORN GIRL
Yasmeen Kadouh and Rima Fadlallah give voice to the Muslim and Arab women of Dearborn, Michigan.

THE GOAL DIGGER
Minnesotan social media maven Jenna Kutcher explores how to be a profitable, sustainable and joy-filled entrepreneur.

THE HISTORY CHICKS
From Kansas City, Missouri, Susan Vollenweider and Beckett Graham shed light on the side of history too often left out.

FRIENDS LIKE US
In Chicago, Marina Franklin hosts chats on varied topics from diverse perspectives—but always with women of color.

Jenny Case

MINNEAPOLIS

THE CREATOR *of She Rock She Rock, a nonprofit devoted to "empowering girls, women, trans and nonbinary folks through the art of music," reflects on how she found salvation through rock and roll—and why she thinks other women can too.*

"I grew up listening to a lot of church music. When I was about 15, I got into hard rock and heavy metal. But there were no female guitar teachers to take lessons from; it was all dudes. In high school, I got a job at a music store. The owner played guitar, accordion, trombone—a jack of all trades, master of none. Bob taught me everything, from instruments to music theory.

"Eventually I got the idea to start an all-female band. I put an ad in *City Pages,* and that's how I met the drummer I played with for the next four years. My mom drove me to Anna's house in Eden Prairie. We both had big hair, liked Metallica and Pantera, and wanted to be rock stars. The dream was to go on tour with Rush and Primus, but we didn't have resources or mentors.

"That's when I found the band L7. They were a four-piece hard rock band of women who wrote awesome songs and didn't care what they looked like; they just had that punk attitude. When they played a 21-and-up show at First Avenue, the lead guitarist snuck me into the concert. It was life-changing.

"When I was 19, I studied bass guitar at McNally Smith College of Music. Once again, there were no female bass, guitar or drum teachers. I was so mad. Where were all the women?! I knew three in the metal scene who were shredders, yet there were thousands of men. It motivated me to fill the gap.

"I became music director at School of Rock, a nationwide chain, in St. Paul. One of my electric guitar students, Sam, was 13 and trying to form an all-girl band. I really wanted her to meet other bandmates. That propelled me to start the Girls Rock camp, which grew into She Rock She Rock. Sam was the first person to sign up and eventually became my co-executive director.

"We started about 80 to 90 percent music-oriented, with workshops on self-defense and eating disorders. But over the years, it evolved into 60 percent music, 40 percent social justice. We do a lot of work with LGBTQ, and we've introduced sliding-scale tuition and a We See You Scholarship, so any youth with marginalized identities can come to camp for free.

"I'm also really passionate about our adult programming. So many women who come to She Rock say things like, 'My brother played electric guitar in a band, but my parents made me play the flute' or 'I wasn't allowed to play drums because girls wore skirts and couldn't spread their legs in public. I'm 60 now, and I've wanted to do this all my life.' That's heartbreaking.

"At both the women's and girls' Rock n Roll Retreats, campers are put into bands. These may be people who've never touched an instrument before—but a couple of days later, they've written an original song and they're on stage playing to 150 people. We're showing them they can take risks and don't need to apologize for making mistakes."

THIS PAGE She Rock She Rock gives any kids or adult women who identify as female a safe space to express themselves musically. Programming includes camps; classes; and Beats by Girlz, focused on electronic music production. **OPPOSITE** Putting down roots in a new country and learning English is always isolating, even without a pandemic, making GirlForward's work more urgent than ever.

PHOTOGRAPHS: (SINGERS) BETHÜNNI SCHREINER, (GUITAR) MARIAH CRABB, (GIRLFORWARD) COURTESY OF GIRLFORWARD

Blair Brettschneider

CHICAGO

After graduating with a media degree in 2009, aka "the worst possible time to try to find a job in journalism," Blair Brettschneider joined AmeriCorps and landed at a refugee resettlement agency in Chicago. As a tutor, she met Domi, a Burundian teen born in Congo and raised in a refugee camp in Tanzania. At 18, Domi had a third-grade education and struggled to learn English. She also cooked and cared for her siblings. Domi's story wasn't unique. Many girls stopped attending the agency's after-school programs in eighth or ninth grade. Some parents worried about their daughters' safety commuting after dark. Other girls needed to work or do chores.

Brettschneider saw a need for a girls-only program offering more than tutoring. She and a coworker kicked off with 10 girls from 10 countries gathering socially on Fridays. They practiced English, played games, took photography lessons, baked pizzas and learned about reproductive health.

The energy was magical. "I just knew this had to be something more than 10 of us in a moldy basement," Brettschneider says. "There was something powerful there." With a nonprofits-for-beginners book from the library and $2,000 from her grandparents, GirlForward was born.

A decade later, the organization spans summer camps and after-school programs, plus a satellite branch in Texas. It welcomes girls who are undocumented or seeking asylum, as well as referrals from traditional resettlement agencies, and imbues them with self-assurance they carry for life. Take Razia, an Afghan refugee who had never been to school before her family arrived in the U.S. After Razia attended GirlForward's summer camp, her teacher described a child transformed, walking taller and with more confidence. "This program is incredible," she told Brettschneider. "It's really making an impact."

And so it might be a surprise to learn that Brettschneider passed the leadership baton and left GirlForward in 2019. Now she's helping to develop ad strategies for progressive campaigns and organizations. "If we don't address the systemic challenges, nonprofits like GirlForward can only do good for a limited number of people," she says. "Now I want to be part of solving the root issues."

This had to be more than just 10 of us. There was something powerful there.

Alyza Bohbot

DULUTH, MINNESOTA

When Alyza Bohbot's parents founded Alakef Coffee Roasters in 1990, it was one of the Upper Midwest's first specialty roasters. Her father, who'd immigrated to the U.S. from Morocco after meeting and marrying her American mother in Israel, was the "coffee connoisseur" in the family, Bohbot says. She explains that the robust European-style cup he preferred "just didn't exist in northern Minnesota in the 1980s."

> *I'd spent my life in the coffee industry and had no idea this inequity existed.*

Though Bohbot had fond memories of helping her dad smooth labels onto Alakef's coffee bags, she never imagined taking over the business. That changed about five years ago, when her parents announced that they were planning to sell the roastery. Bohbot saw the opportunity before her. While her parents had built a respected and profitable company, what differentiated their brand early on—like selling organic, fair-trade beans and roasting to order—was now commonplace. Bohbot wanted to carve a new path.

Her aha! moment came at a breakfast for the International Women's Coffee Alliance in Seattle, where Bohbot heard a story about a couple who owned a coffee farm in Colombia. After the husband died in war, the wife applied for a bank loan to fix a piece of broken farm equipment. She was denied solely because she was a woman. "It was so eye-opening to me," Bohbot says. "I'd spent my entire life in and around the coffee industry and had no idea this inequity existed."

PHOTOGRAPHS: (BOHBOT) ACKERMAN + GRUBER, (SCOTT) COURTESY OF EMPOWERMENT PLAN, (COFFEE) COURTESY OF CITY GIRL COFFEE

Veronika Scott

DETROIT

IN A COLLEGE CLASS, Veronika Scott designed a coat for the homeless that could convert into a sleeping bag. That project became a business, Empowerment Plan, which has since distributed more than 43,000 coats. Scott explains how she pulled it off—and created 90 jobs for the formerly homeless in the process.

Q How did your childhood shape Empowerment Plan?

A I grew up in poverty. We had food stamps, but we were constantly moving or being evicted. Empowerment Plan creates opportunities I wish my parents had been given. It also breaks down ideas of what homelessness looks like.

Growing up poor, people saw me and my siblings differently, as if we were doomed to repeat my parents. You feel like you're digging out of a hole, and that's one of the hardest things to break.

Q So what happened next?

A I presented a basic business plan to my dean at the College for Creative Studies. And he goes, "Great, let's get you in front of Carhartt." I grew up in a situation where nobody started businesses; that was for people with money and connections. I didn't think I was the right person to do the work. But that's the power of mentorship. Carhartt donated the industrial sewing machines, fabric and $1,600 that got me started. They also helped evolve the coat into the durable product that it is now—water-resistant, with incredible insulation, and a pocket where the sleeping bag folds up when not in use.

Q How did Empowerment Plan become more than a coat?

A I was developing the prototypes with input from residents at a shelter. One day a woman started screaming at me, "I don't need a coat—I need a job! What you're doing is pointless." She was right. The coat was a Band-Aid. The real impact is hiring the people who need the coat in the first place.

Q How do you think about hiring?

A We don't care about résumés. We want to know what you are going to do with this opportunity. What are your goals and aspirations? We know the powerful generational impact a job like this can have. You can see the drive a mother has to create a better life—not just for herself, but her whole family.

Q Explain your 60-40 model.

A Empowerment Plan is a two-year program. Sixty percent of our seamstresses' paid time is dedicated to coat production. The other 40 percent goes to support services: meeting with a case manager, getting a GED, going to a domestic violence support group. Homelessness and poverty are not just financial issues. People don't get into this work because they love sewing. This is about creating security and helping them build confidence so they can pursue other careers. Every person we've employed has moved out of the shelter permanently and maintained that stability, even years beyond us.

The more Bohbot dug into injustices in the trade, the more her mission came into focus. One of the big issues facing female growers is access to childcare. A higher-paid milling position at a coffee farm, for example, might require working late shifts—an impossibility for many mothers. "I realized how significant it is that women have access to a fair marketplace, resources, education and financing," Bohbot says. "I felt moved to do something."

Bohbot launched City Girl Coffee in 2015 with the goal of sourcing beans from small, women-owned or managed farms and cooperatives. She also donates a portion of proceeds back to the countries where her coffee comes from—Guatemala, Honduras, Mexico, Peru, Brazil, Indonesia and beyond. The formula has been a success. Several major national retailers carry City Girl, and a direct-to-consumer coffee subscription includes more premium offerings. As the company continues to scale, responsible and sustainable sourcing remains a top priority. "We work with farms that pay fair wages and create safe environments for their workers," Bohbot says.

The ripple effect has been immeasurable—impacting not just specific women, but entire communities. "When women have access to finances and education, infant mortality rates go down, the GDP goes up, and the community around them flourishes," says Bohbot, noting how women tend to invest more in schools, day cares and medical facilities than men do.

"One of the women from a cooperative in Guatemala said it's because of roasters like us that they're not just producing coffee, they're making honey, jewelry and clothing," Bohbot says, beaming. "She's not just a mom, or a wife or a daughter—she's a contributing member of her family and proud to help put food on the table. That's everything you hope for when you start a company like this." MWL

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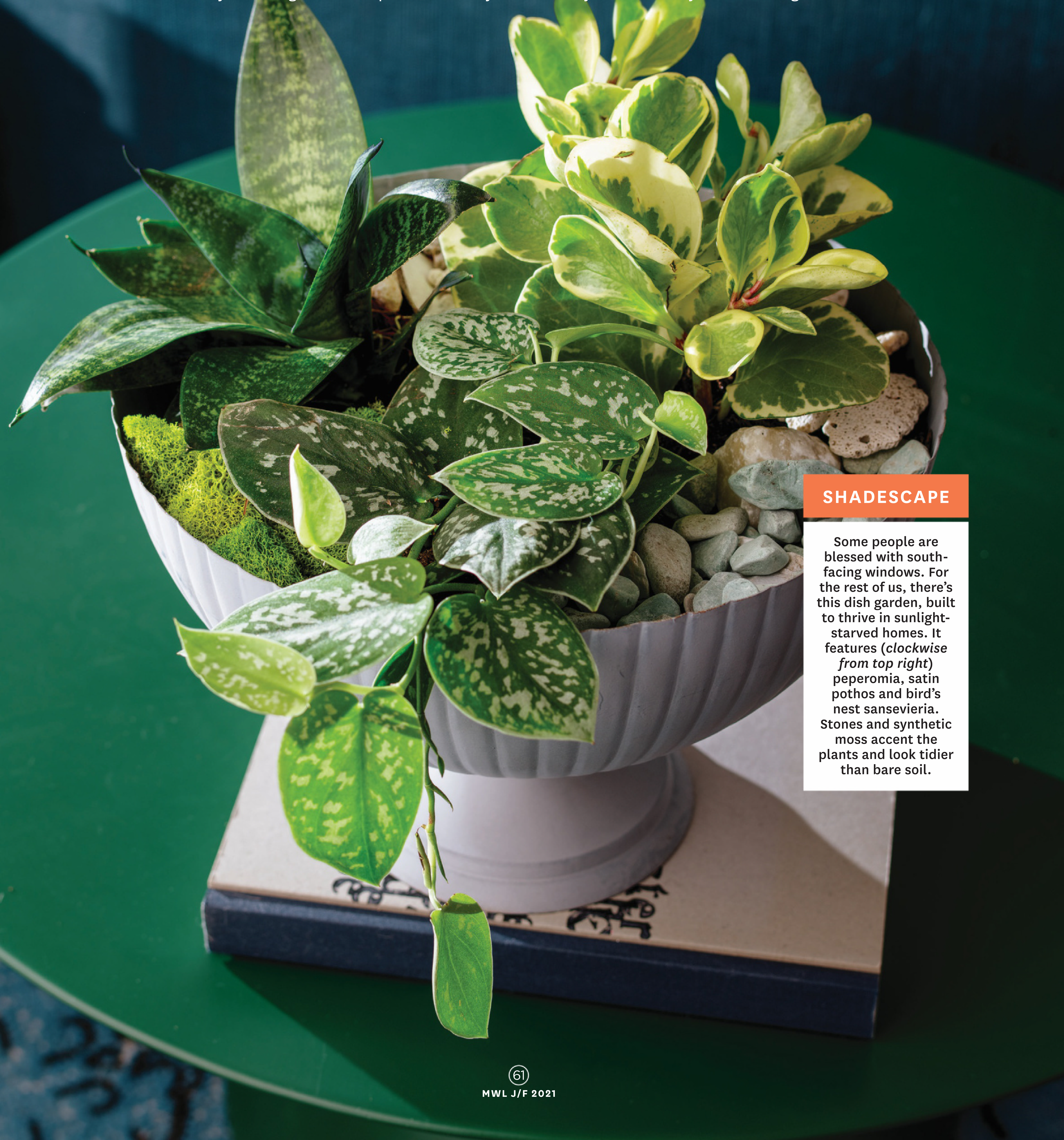
PLANTSCAPE ARCHITECTURE

YOU LONG AGO MASTERED PHILODENDRONS. SUCCULENTS ARE OLD HAT. EVEN YOUR FIDDLE-LEAF IS STILL FIDDLING ALONG. THE NEXT STEP IN YOUR HOUSEPLANT JOURNEY: MIXING PLANTS TO CREATE INDOOR LANDSCAPES IN POTS.

WRITER **TERESA WOODARD**

PHOTOGRAHS: AUSTIN DAY

WE have known the benefits of houseplants for years. Studies show they boost moods, enhance creativity, provide purpose, offer companionship, teach nurturing, improve air quality and reduce noise. Plus, from a decorating perspective, a living thing makes a room, well, come alive. One true believer is Emily Kellett, co-owner of Stump, an Ohio-based chain of houseplant boutiques. Kellett spends a lot of time advising customers on basic light and soil conundrums, but she also loves inspiring people to play with houseplants in new ways. One good starter project: Combine a few specimens in one wide dish. When choosing plants, Kellett likes a tried-and-true formula of thriller (something with a bit of spiky drama), filler (full and leafy) and spiller (a trailer). "The beauty of a dish garden is the process," she says. "And, once you're finished, you have a living artwork."



SHADESCAPE

Some people are blessed with south-facing windows. For the rest of us, there's this dish garden, built to thrive in sunlight-starved homes. It features (*clockwise from top right*) peperomia, satin pothos and bird's nest sansevieria. Stones and synthetic moss accent the plants and look tidier than bare soil.

THE DIRT

DIGGING INTO DISH GARDENS

Emily Kellett explains how to master these indoor plantings that often combine several species or mimic scenes in nature.

CONTAINER Find a shallow dish, ideally one with a hole in the bottom for drainage and one that matches the size and root depth of your plants. "It's helpful to bring your container with you to the garden center," Kellett says. Try repurposing saucers of large ceramic and terra-cotta pots; they're just right for shallow-rooted succulents and cacti.

PLANTS Begin by choosing like plants—ones with similar light and water needs. For example, use all succulents or all tropical plants but not a mix of the two. Dish gardens look best when you hide the soil, so either pack the container quite tightly with plants or artfully fill gaps with accents or gravel. (More on that under Design.)

SOIL Indoor potting mix works for most plants, but cacti and succulents need the sandier blend. When using extra-shallow containers, mound the soil a few inches above the rim to give roots more room.

WATER Some shallow containers or saucers lack drainage holes. To prevent waterlogged soil and rotted roots, take extra care when watering. Water when soil is dry, let sit for a couple of hours, then drain off any excess by tipping the saucer over a sink at a 45-degree angle. (A layer of gravel or horticultural charcoal at the bottom of the container can also help absorb water.) Be especially mindful not to overwater cacti and succulents. Kellett suggests using a cup about a third the size of the container to avoid overwatering.

DESIGN Play with scale to mimic grander landscapes. Top-dress the container with fine bonsai gravel. Experiment with different gravel colors, and make sure to cover all the soil. Add accents like driftwood, larger pebbles or natural keepsakes from travels.

CARE Follow light and water guidelines on the plant tags. If your plants are doing well, Kellett says they'll outgrow the dish garden in a year or two. "So, the beauty of that is you gain mature plants to separate and grow in their own pots or to give to friends and start over."

ZENSCAPE

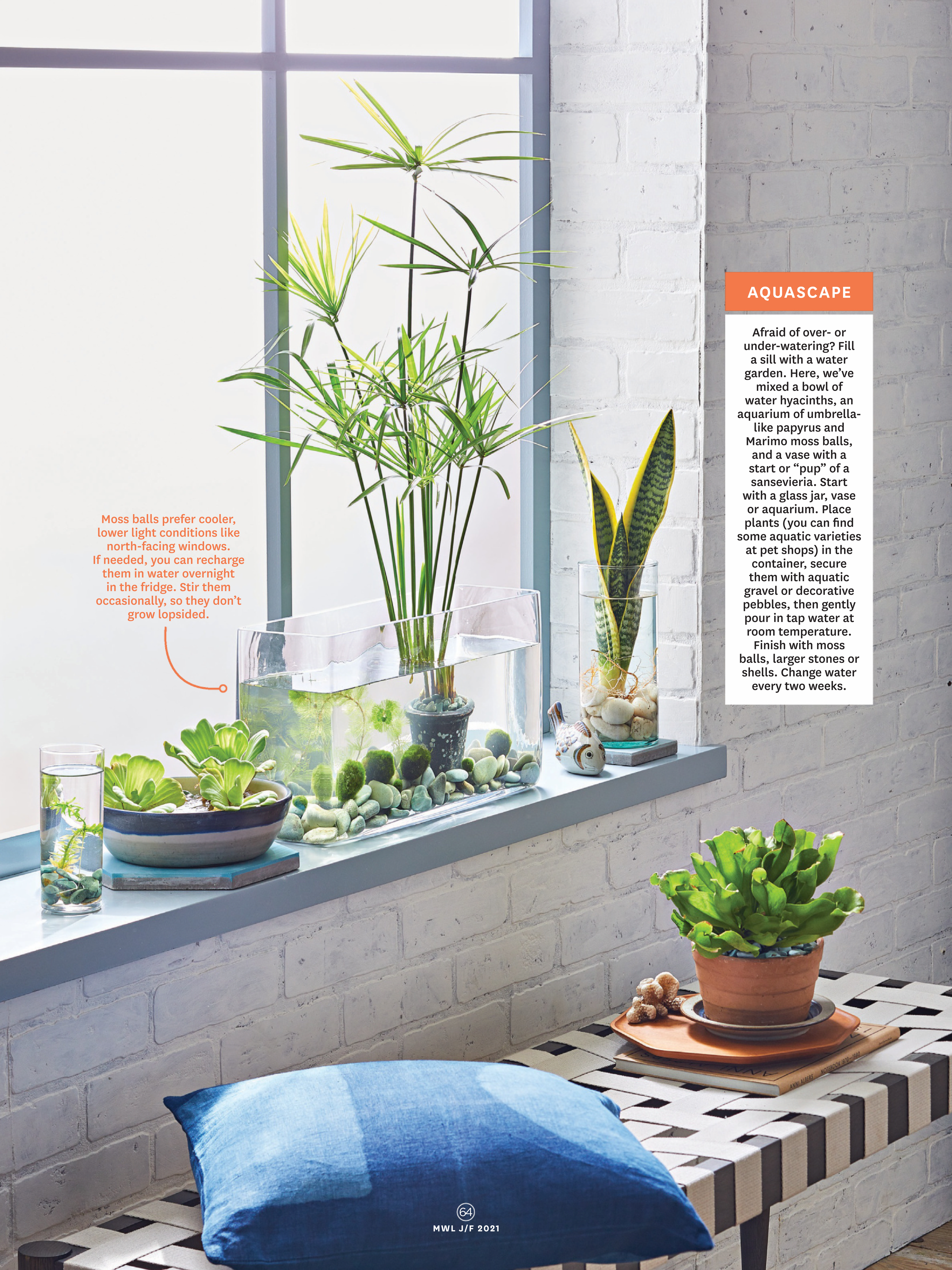
A single plant like this variegated Ming aralia (*Polyscias fruticosa*) takes on a bonsai look when planted in a low dish, top-dressed with dark pebbles and elevated on a platform. It grows fastest in bright filtered light but will tolerate medium light. It prefers humid conditions, ideally a bathroom with a shower or above a kitchen sink. As aralia matures, it can be transferred to a larger pot and grown as a floor plant.

PHOTOGRAHS: (BLUE POT) CARSON DOWNING, (STUMP) BOB STEFKO

ABOVE LEFT Emily Kellett prepares for the day at Stump's original location near downtown Columbus, Ohio. **ABOVE RIGHT** She co-owns the business with her husband, Brian. Since first opening Stump in 2015, they've added shops in Cleveland, Philadelphia and Savannah, Georgia. **LEFT** All four locations are community gathering spots as much as stores. They host book-signings and workshops, and staff are eager to offer advice to anxious plant parents.

SHOP GREEN

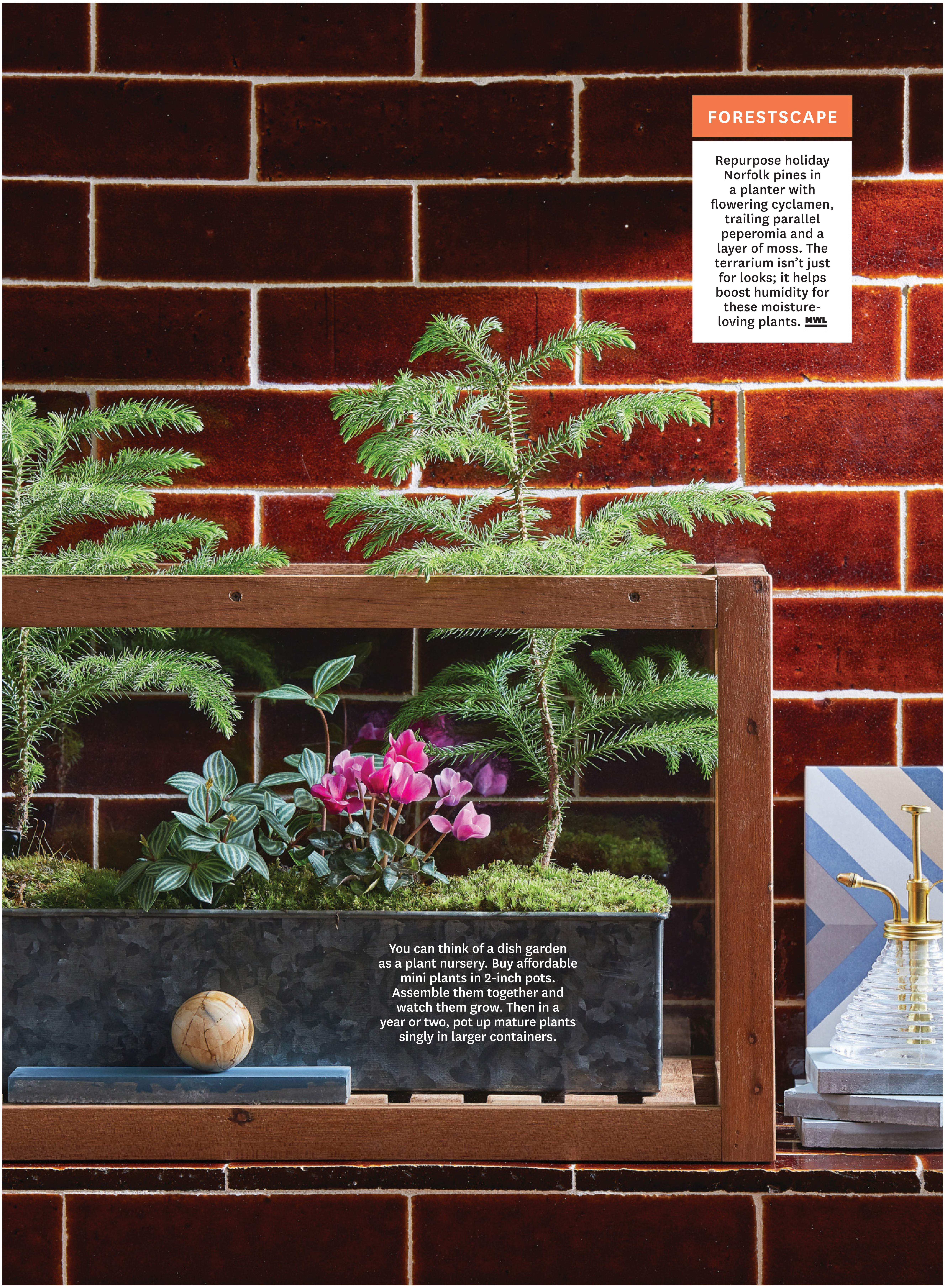
Hover your phone's camera for more of our favorite plant stores around the Midwest.



Moss balls prefer cooler, lower light conditions like north-facing windows. If needed, you can recharge them in water overnight in the fridge. Stir them occasionally, so they don't grow lopsided.

AQUASCAPE

Afraid of over- or under-watering? Fill a sill with a water garden. Here, we've mixed a bowl of water hyacinths, an aquarium of umbrella-like papyrus and Marimo moss balls, and a vase with a start or "pup" of a sansevieria. Start with a glass jar, vase or aquarium. Place plants (you can find some aquatic varieties at pet shops) in the container, secure them with aquatic gravel or decorative pebbles, then gently pour in tap water at room temperature. Finish with moss balls, larger stones or shells. Change water every two weeks.

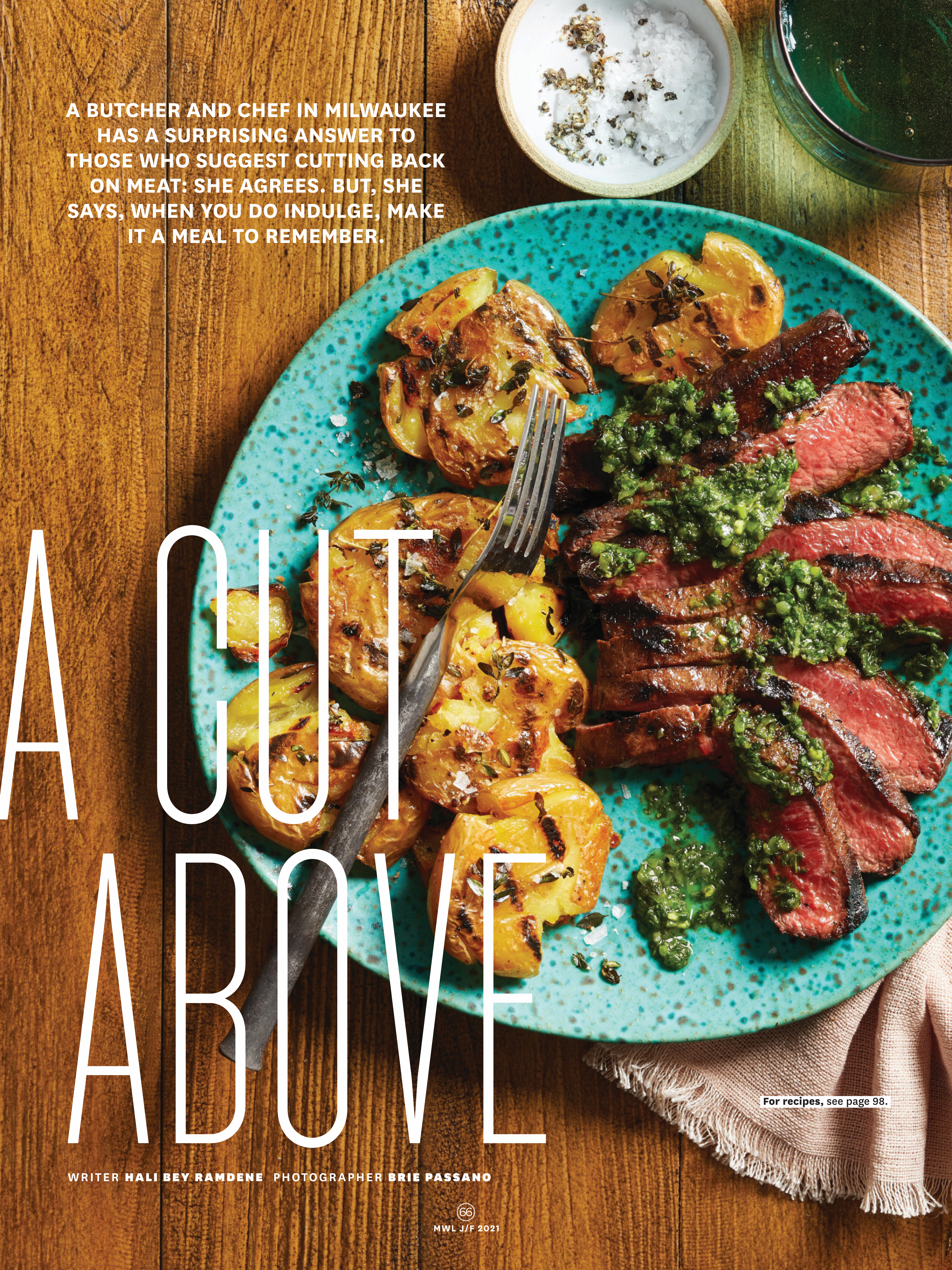


FORESTSCAPE

Repurpose holiday Norfolk pines in a planter with flowering cyclamen, trailing parallel peperomia and a layer of moss. The terrarium isn't just for looks; it helps boost humidity for these moisture-loving plants. MWL

You can think of a dish garden as a plant nursery. Buy affordable mini plants in 2-inch pots. Assemble them together and watch them grow. Then in a year or two, pot up mature plants singly in larger containers.

PHOTOGRAHS: CARSON DOWNING



A BUTCHER AND CHEF IN MILWAUKEE HAS A SURPRISING ANSWER TO THOSE WHO SUGGEST CUTTING BACK ON MEAT: SHE AGREES. BUT, SHE SAYS, WHEN YOU DO INDULGE, MAKE IT A MEAL TO REMEMBER.

A CUT ABOVE

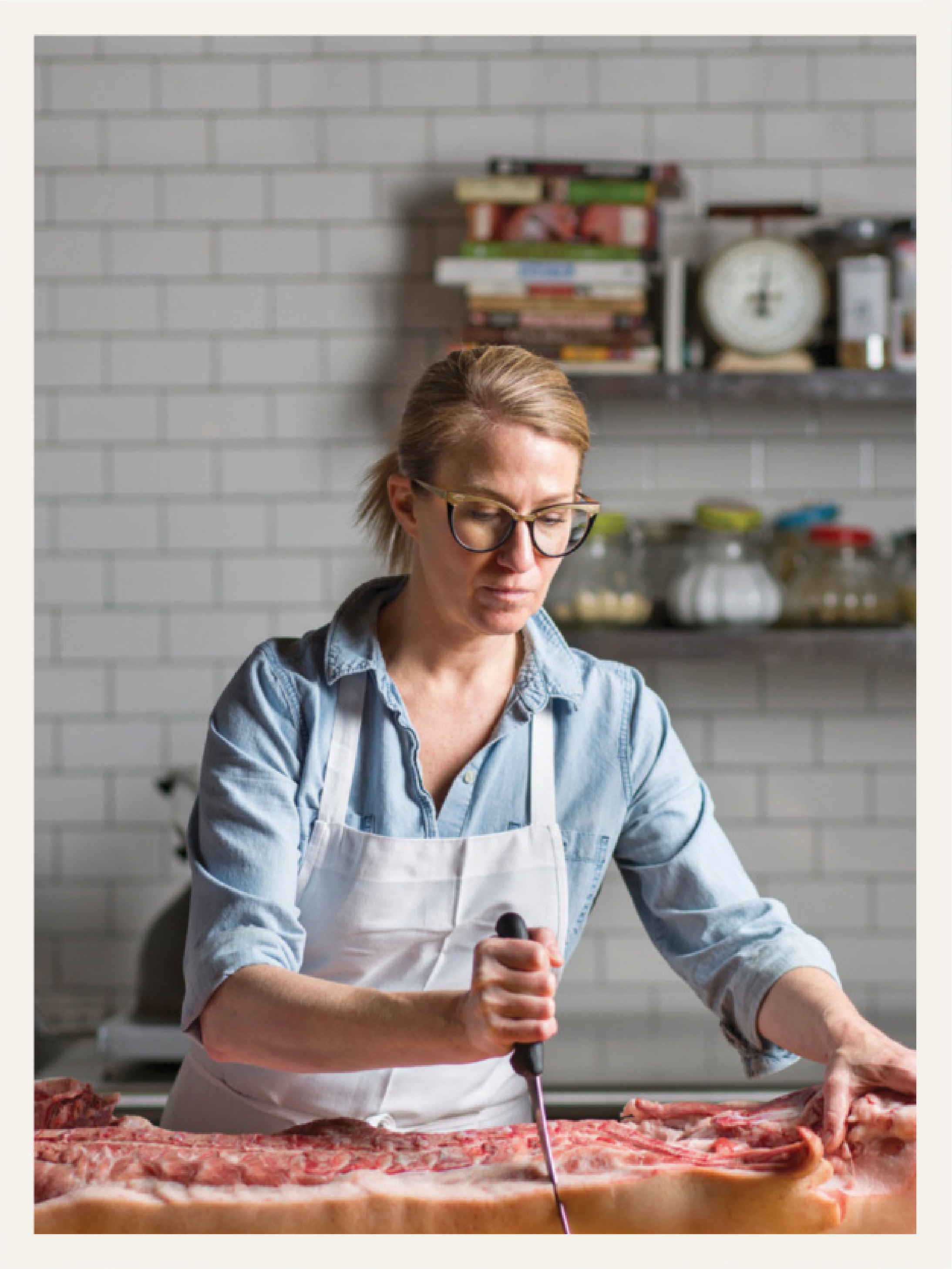
For recipes, see page 98.

WRITER **HALI BEY RAMDENE** PHOTOGRAPHER **BRIE PASSANO**

When you walk into Bavette La Boucherie, it's not unusual to see half a steer on the butcher table being broken down in the open kitchen. Come back tomorrow, and you might find a lamb or a hog. With nothing but a bar to separate diners from seeing how the literal sausage gets made, Karen Bell, the chef and owner of the Milwaukee butcher shop-restaurant, has made knowing where your meat comes from a reality to taste and see. "The reason is transparency," she says. "It's a meal and a show—but maybe a little different from the kind of show people are used to."

If it takes a pinch of drama to bring some attention and thoughtfulness to the meat we eat, Bell has found her own way to do it. Instead of stereotypical butcher tropes (austere interiors, striped aprons, knives crossed like Jolly Rogers), Bavette has a softness. The dining room is papered in turquoise and gold. Ceiling-high windows and warm string lights give the place an intimate, neighborhood feel. Yet whole-animal butchery remains front and center. "If that's something that bothers you, you should think more deeply about the meat you're eating and why you're eating it," Bell says. And she means that entirely as an invitation.

A concern with where our food comes from can carry worry of being snobbish or elitist—but there is nothing new or particularly privileged about knowing who collects your eggs, or which part of the pig yields a pork chop. We're just out of practice with valuing that information. And when the majority of us get our meat as parts and pieces devoid of any context, we have to ask what else we've lost sight of. The perils of climate change have grown from a whisper to a roar, making our appetite for meat a factor we can no longer ignore—not when, according to the United Nations' Food and Agriculture Organization, 14.5 percent of global greenhouse gas emissions fall squarely on raising livestock for food. Certainly going vegetarian is one approach to untangling those cognitive dissonances, but simply cutting back to focus on quality over quantity is more conducive to long-term change. Or put another way, one sublime corned beef tongue sandwich from a place like Bavette is worth a dozen forgettable burgers.



A Milwaukee native, Bell traces her interest in meat to living and cooking abroad, including a few years owning a restaurant in Madrid. She returned to the Midwest with a dedication to sourcing her food close to home. "I would go to my produce guy across the street every morning to pick out what I wanted," she recalls. "Same with the meat and the fish. The relationship with food over there is more personal than the one we have over here. That was something I wanted to bring back and maintain."

At Bavette, Bell works directly with farmers. "Ninety percent of our menu is designed around what we are getting in to support the butcher shop," she says. "We don't really order extra stuff." The high-ticket items—often steaks like ribeyes, porterhouses and filets—sell quickly, leaving the kitchen to work with what's left. Bell has no complaints about that: "I prefer more 'offcuts' or braising cuts. Pork shoulder to pork chops, chicken legs to chicken breast. Generally they have more fat, and that adds more flavor to the dish."

Taking a mindful, judicious approach to eating meat—embracing the whole animal and unlocking each part's unique potential—becomes even more exciting when you weave in global flavors and techniques. In Bell's hands, the whole round from the back leg of the steer turns into roast beef for sandwiches. Chicken livers morph into pâté, served on toasted brioche with peppery strawberry jam. Unctuously rich pork belly tucks into fluffy steamed Asian buns. Short ribs slip off the bone, their juices pooling in the nooks and crannies of mashed root vegetables. Sharing those dishes with Bavette's community of diners—inspiring people, perhaps, to pick up an unfamiliar cut in the shop to play with at home—is Bell's way of paying forward lessons she learned abroad. After all, no one said changing the way we do meat wasn't going to be delicious.

FLAT-IRON WITH CHIMICHURRI AND SMASHED POTATOES

In a riff on French steak frites, chef Karen Bell pairs grilled steak with an herby sauce and rustic baby potatoes. Flavorful flat-iron comes from the chuck, or shoulder, and is known as a butcher's cut—an affordable part that only pros know the virtues of.

FOOD STYLING: KELSEY MOYLAN. PROP STYLING: SUE MITCHELL

PORK AND TOMATILLO POZOLE

Before you shred that trusty pork shoulder into another batch of barbecue sandwiches, take an alternate tack and bathe it low and slow in tomatillos, chilies and spices. Pozole is a traditional Mexican soup thickened with hominy that only gets better the next day, so keep extra cabbage-radish slaw around for round two.

CORNBREAD FOR DUNKING? DON'T MIND IF WE DO. BELL'S VERSION CALLS FOR BROWN SUGAR AND BUTTERMILK.

CHICKEN LIVER MOUSSE PB&J

Topped with piquant strawberry jam and chopped peanuts, this playful appetizer converted all the pâté newbies among our testers. The mousse (a Bavette staple) is airy and silky, perfumed with thyme, shallot and brandy. Not your Grandma's chicken livers—but maybe she'd appreciate the innovation.

WINE-BRAISED SHORT RIBS

With their marrow-rich bones and fatty marbling, short ribs deliver flavor and richness that cubed stew meat never will. (And you've got to love a cut with Fred Flintstone vibes.) Bell recommends springing for grass-fed beef. She prefers that it tastes less sweet than corn-fed.

> THE RELATIONSHIP WITH FOOD ABROAD IS MORE PERSONAL THAN THE ONE WE HAVE OVER HERE. THAT WAS SOMETHING I WANTED TO BRING BACK AND MAINTAIN.
>
> **KAREN BELL**

CHICKEN TAGINE

Common across North Africa, tagines are meaty stews cooked in lidded clay pots. In this version, Bell marinates thighs and drumsticks in saffron, mint and *ras el hanout* (a blend of cinnamon, coriander, ginger, turmeric and black pepper), then simmers them with olives and preserved lemons for pops of briny flavor.

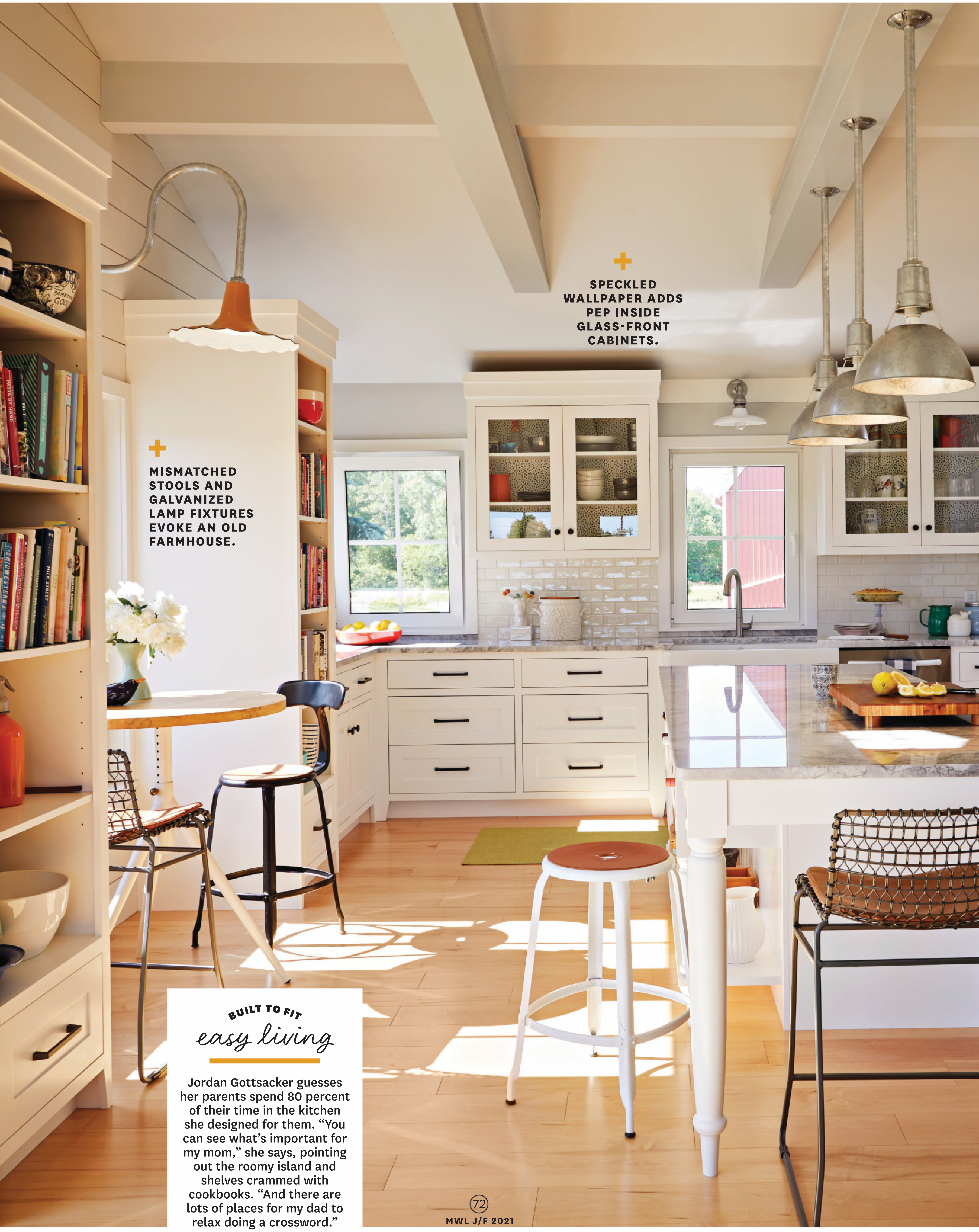
TAGINE'S BEST FRIEND: COUSCOUS. BELL STUDS HERS WITH DRIED FRUIT AND ALMONDS.

YOU *CAN* BUY PRE-FAB BUNS, BUT ONCE YOU'VE COMMITTED TO THE BELLY, WHY NOT GO THE DISTANCE AND MAKE YOUR OWN?

CHAR SIU PORK BELLY BUNS

Braised in basil and ginger, then sliced and pan-fried, this pork belly has little to do with bacon. Instead, it's a tender, melting slab of hoisin-glazed goodness, nestled in soft white buns with cilantro and pickled veggies. The recipe has several elements and a lot of resting time; plan to settle into its rhythms for a cozy (and utterly delicious) weekend project. MWL

For recipes, see page 98.



SPECKLED WALLPAPER ADDS PEP INSIDE GLASS-FRONT CABINETS.

MISMATCHED STOOLS AND GALVANIZED LAMP FIXTURES EVOKE AN OLD FARMHOUSE.

BUILT TO FIT

easy living

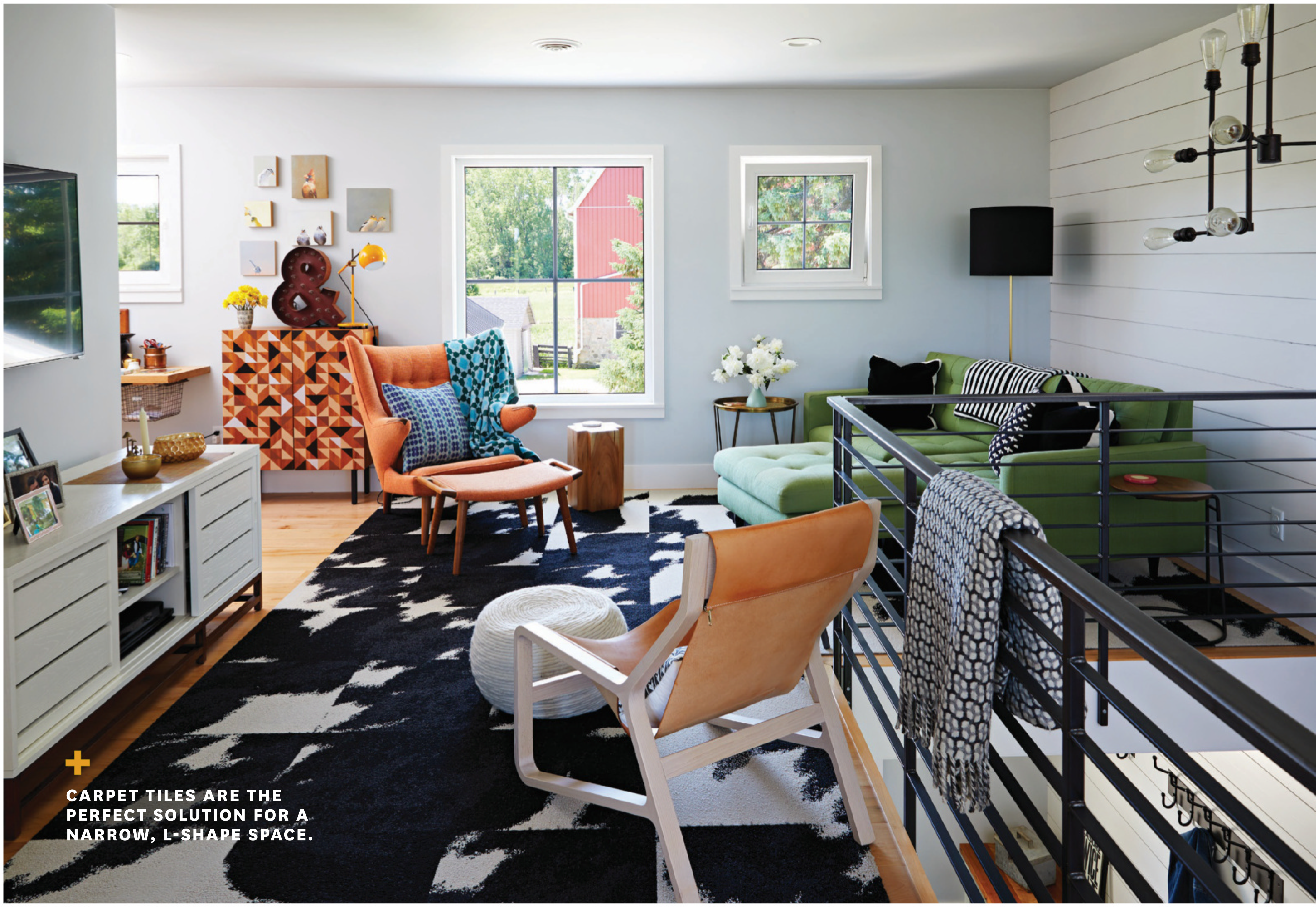
Jordan Gottsacker guesses her parents spend 80 percent of their time in the kitchen she designed for them. “You can see what’s important for my mom,” she says, pointing out the roomy island and shelves crammed with cookbooks. “And there are lots of places for my dad to relax doing a crossword.”

home again

A SPACE-SAVING NOOK HOLDS OIL AT THE READY BY THE STOVE.

WISCONSIN DESIGNER JORDAN GOTTSACKER HAD A PRETTY GOOD IDEA ABOUT WHAT HER CLIENTS WANTED IN THEIR FOREVER HOME. AFTER ALL, SHE'S KNOWN THEM HER ENTIRE LIFE.

WRITER **KELLY RYAN KEGANS**
PHOTOGRAPHER **MIKE HUIBREGTSE**


+
CARPET TILES ARE THE PERFECT SOLUTION FOR A NARROW, L-SHAPE SPACE.

ABOVE The Gottsackers reimagined their split-level, shifting the living room upstairs for prime views (and choosing low-set furniture to avoid obstructing the windows). **BELOW** A modern-meets-country gingham armchair and wingback chaise soak up the sun by the kitchen. “I wind up here pretty much every evening with a glass of wine and a book,” Rose Gottsacker says.

Jordan Gottsacker had barely shed her training wheels when her parents set her career in motion. Brian and Rose Gottsacker were building the house Jordan would ultimately grow up in, and the family took frequent drives around Sheboygan, Wisconsin, looking at homes and visiting the nearby Kohler Design Center showroom for kitchen and bath inspiration. “That was a huge part of my childhood,” says Jordan, who sparked to both architecture and interior design.

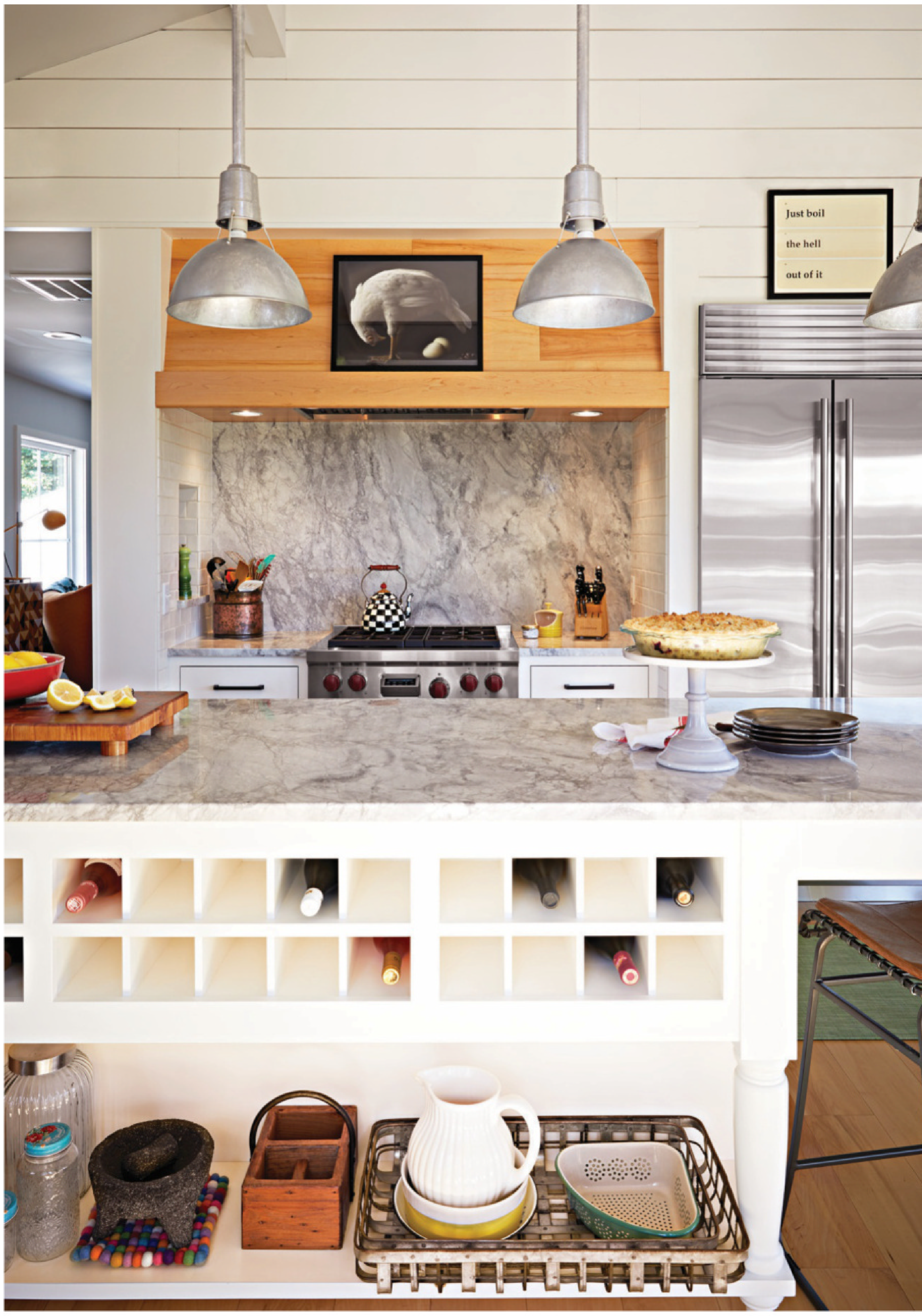
A couple of decades later (including five years working at Kohler), Jordan now owns a design studio and boutique in downtown Sheboygan. And she recently took on her parents’ “new” new home, a tired 1970s split-level on 12 acres of farmland in Elkhart Lake, Wisconsin. Although hiring Jordan was a no-brainer, says Brian, figuring out how to remake the house that came with the land was anything but. “It was a hodgepodge with six different levels,” he explains. “We had walked away from it once. But then we started bouncing ideas around, and soon, we had a vision.”

Rose adds, “We really took our time with Jordan, trying to decide how we were going to use the house and what we wanted to see when we looked out the windows. That became the deciding factor in moving the kitchen upstairs.” Yes, you read that correctly. The Gottsackers put a literal spin on the notion of flipping a house, moving the bedrooms downstairs and the gathering spaces up. When visitors enter the home, they climb a staircase to an open-plan loop of living room, dining room and kitchen, with intimate seating areas tucked in every nook. Windows of all sizes wrap the house in nature.

The beauty outside guided Jordan's choices inside. "The views on the property are insanely picturesque, so we wanted to keep everything else inside fairly simple in terms of finishes," she says. White shiplap, muted gray walls and industrial touches modernize the dated architecture. Pale, wide-plank maple floors bounce light. "But it isn't ultrasleek," Jordan clarifies. "We added some quirks through color and some vintage items."

You'd be hard-pressed to put a name to the overall aesthetic. It's a little bit of farmhouse, industrial, mid-mod, Scandinavian…and a whole lot of whimsy. Vibrant lamps and ceramics bloom against the neutral surfaces like crocuses popping in the snow. Patterns hopscotch across cushions, blankets and even furniture. Barnyard animals peep from photos, and the living room's carpet tiles echo cowhide, farmy details Jordan included to make her mom smile. Few items match, per se, but midcentury silhouettes thread through every space. For a home that was almost entirely newly furnished (except for the old pine dining table, where many a dance recital costume took shape), it has a sense of spontaneity and authenticity that can come only from knowing your client really well. "Everywhere I look," Rose says, "I see something that makes me feel happy." Mission accomplished.

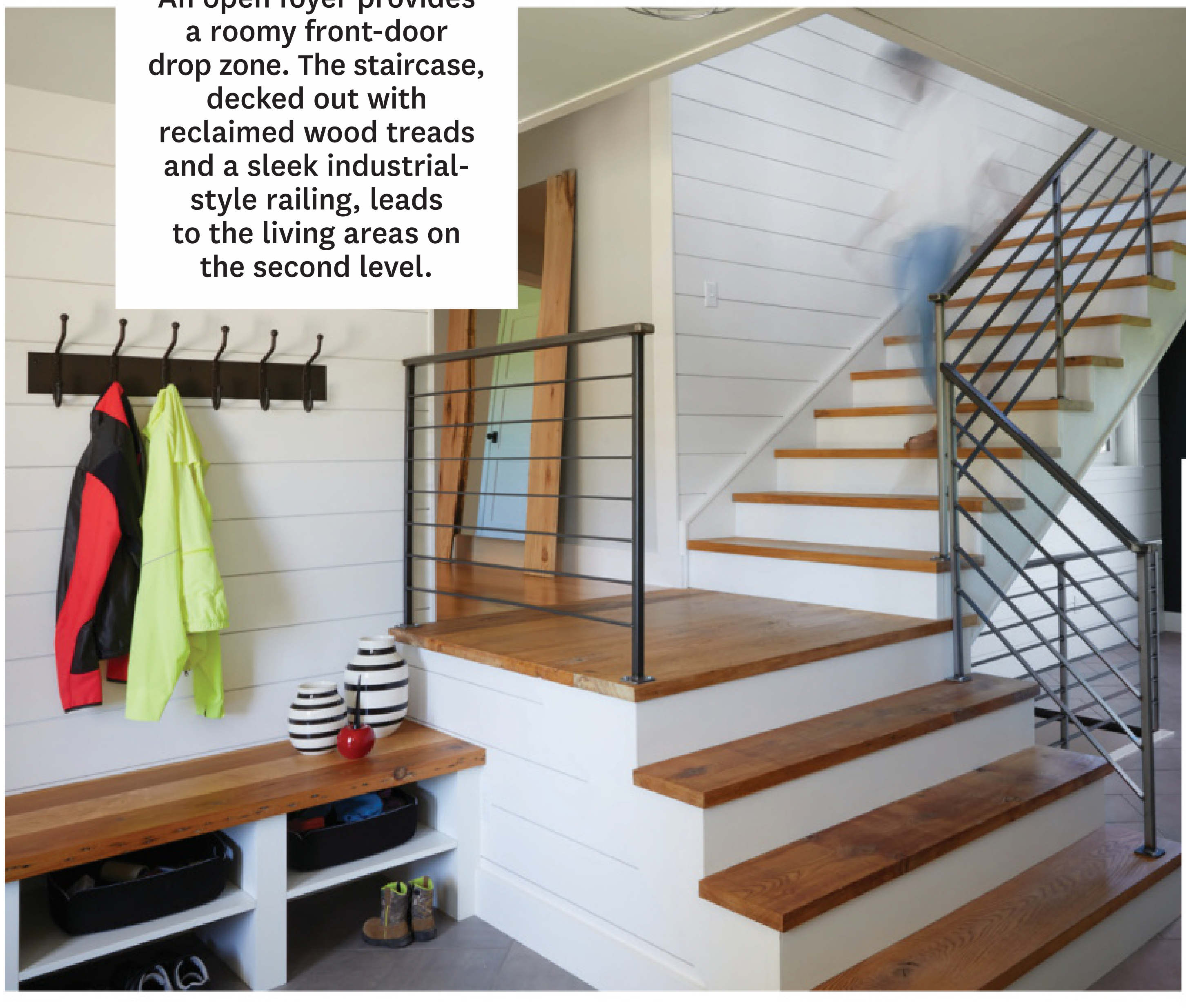
RIGHT **Not-quite-50 shades of gray—veined granite surfaces, metal light fixtures, painted ceiling beams—add tone and depth to the largely white kitchen. Rather than a stainless hood to match the range, Jordan opted for a honey-color wood version to soften the room's cool hues.**



BUILT TO FIT

come on in

An open foyer provides a roomy front-door drop zone. The staircase, decked out with reclaimed wood treads and a sleek industrial-style railing, leads to the living areas on the second level.



GET THE LOOK

Hover your phone's camera for a resource guide to the Gottsackers' home.

EVEN THE BIRDS GET IN ON THE BRIGHT HUES.

a shop *haven*

JORDAN GOTTSACKER OPENED HONEY AND ACE a year ago in downtown Sheboygan, combining her interior design studio with a boutique, art gallery and performance space for live music. "This past year has been a roller coaster," she admits. "There were slower times, but I feel so fortunate for how the community has received this, and how things picked up again." Here are a few favorite Midwest artists she showcases.

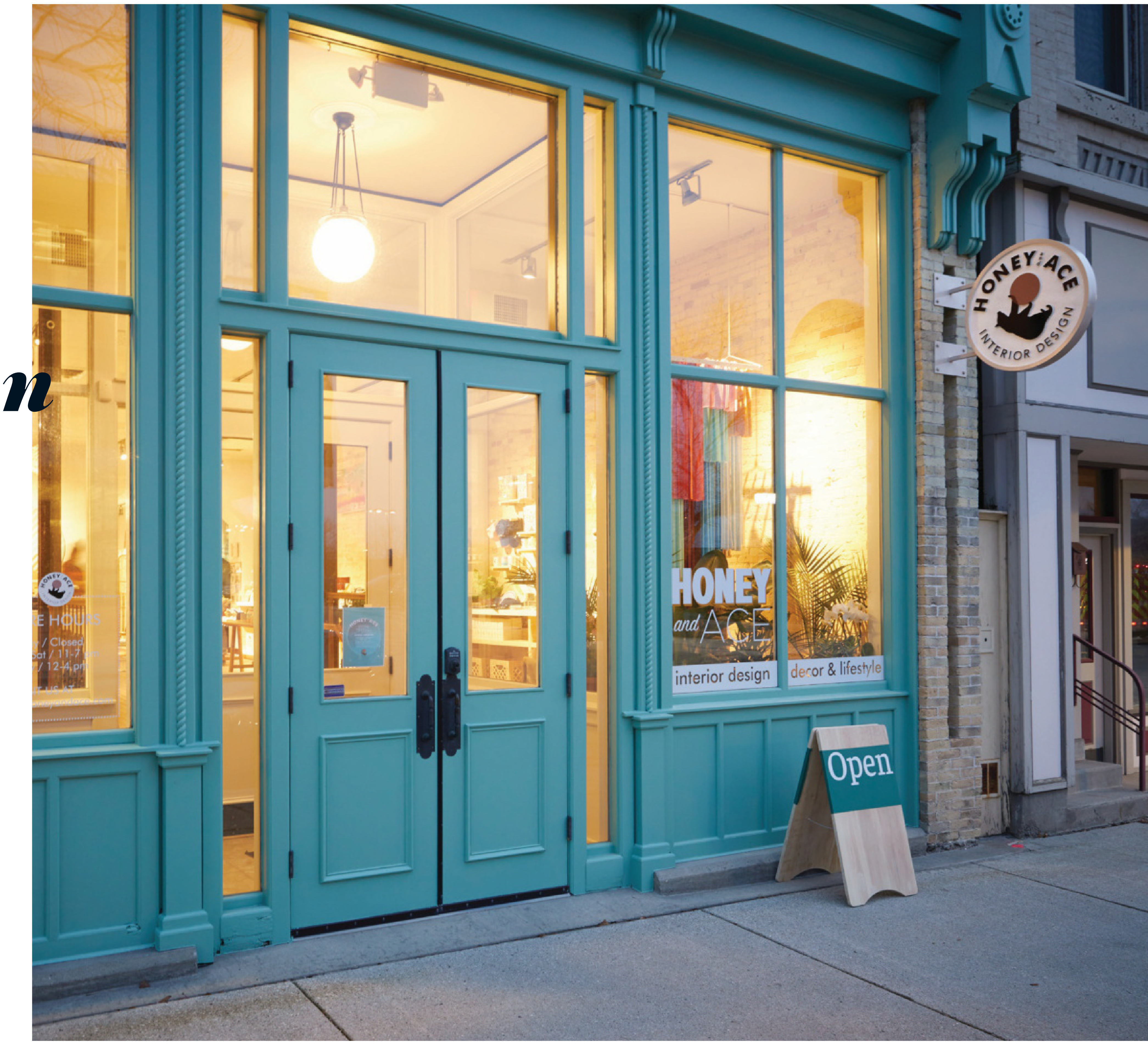
The Habitat Shoppe "From kitschy-cutesy to twisted and real, Kate Kaminski's ceramics bring a whole new energy to my walls," Jordan says. *thehabitatshoppe.etsy.com*

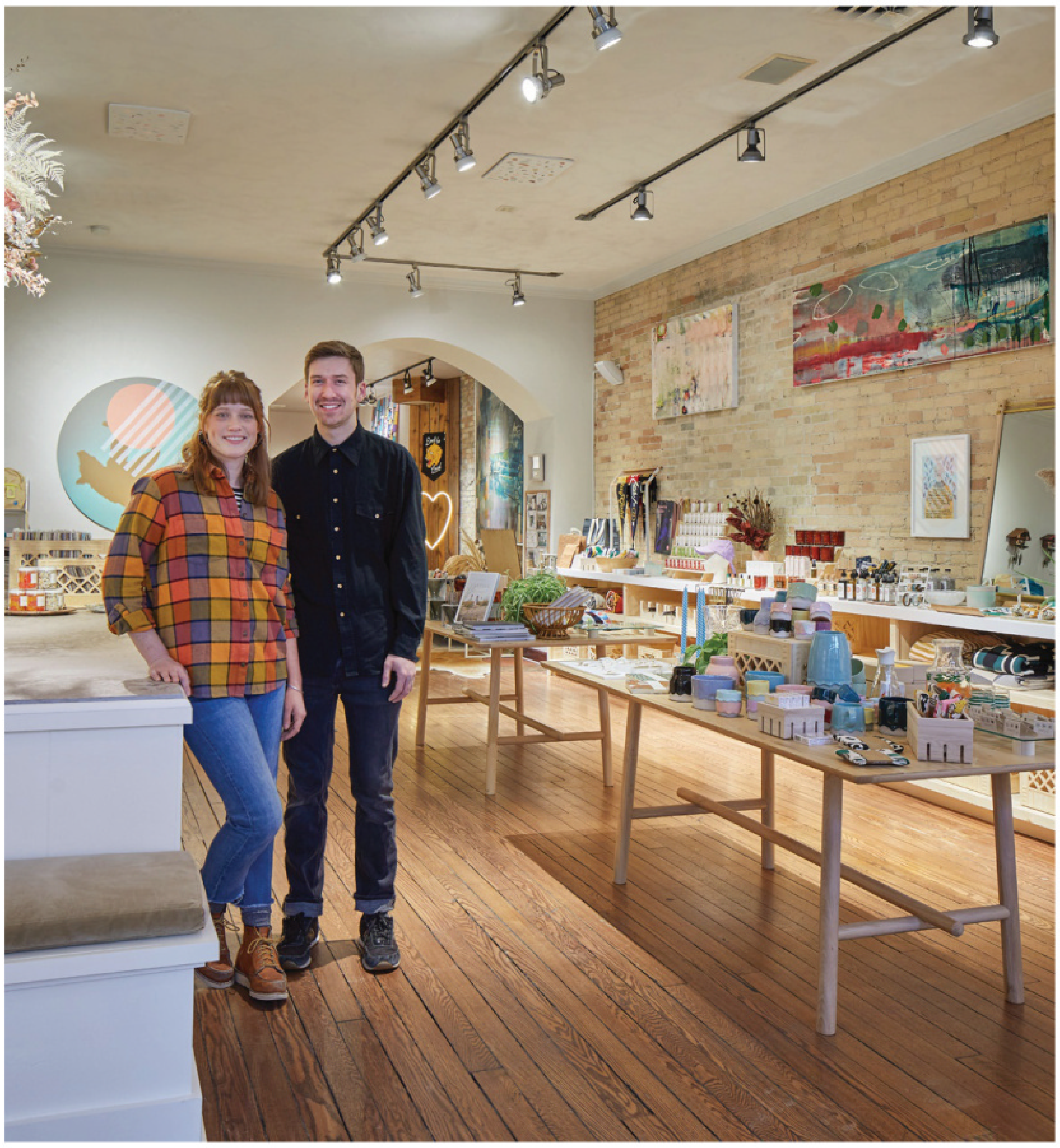
Cire' Alexandria This southern Wisconsin jeweler crafts delicate earrings and necklaces of metal and stone. "She has a fun sensibility marrying minimalism and nature." *cirealexandria.com*

Tapio Designs Hans Gottsacker, Jordan's second cousin, hews wood furniture on Michigan's UP. She carries his undulating wood veneer light fixtures. *tapiodesigns.com*

Erica Jane Huntzinger Jordan loves this Sheboygan painter, who defines her abstract oils as "internal landscapes." *ericajane-huntzinger.squarespace.com*

Cedarwell "This is a Sheboygan-based trio of genuine people," Jordan says fondly. "Their darkly twisted acoustic music is embedded in nature's rhythms." *cedarwell.bandcamp.com*





ABOVE Honey and Ace fills two floors of an 1857 limestone building. Jordan painted the trim mint green as a nod to Plenco, a Sheboygan manufacturing icon whose memorable exterior color also shows up on several public buildings. **LEFT** The name Honey and Ace "is about my support system," Jordan says. Honey refers to her "honey bear" dog, Mable; Ace is the winning card she drew with boyfriend Charlie O'Connell.

Don't be Cruel
HONEY and ACE interior design service

WHEN IN

Sheboygan

Jordan, who grew up in Wisconsin, dishes on her hometown faves.

+ TELLEN WOODLAND SCULPTURE GARDEN This park preserves the intriguing work of artist James A. Tellen. "Follow it with a hike at Kohler-Andrae State Park," Jordan adds. *kohlerfoundation.org*

+ 3 SHEEPS BREWING COMPANY "A great taproom experience." (And their colorful limited edition cans make great gifts.) *3sheepsbrewing.com*

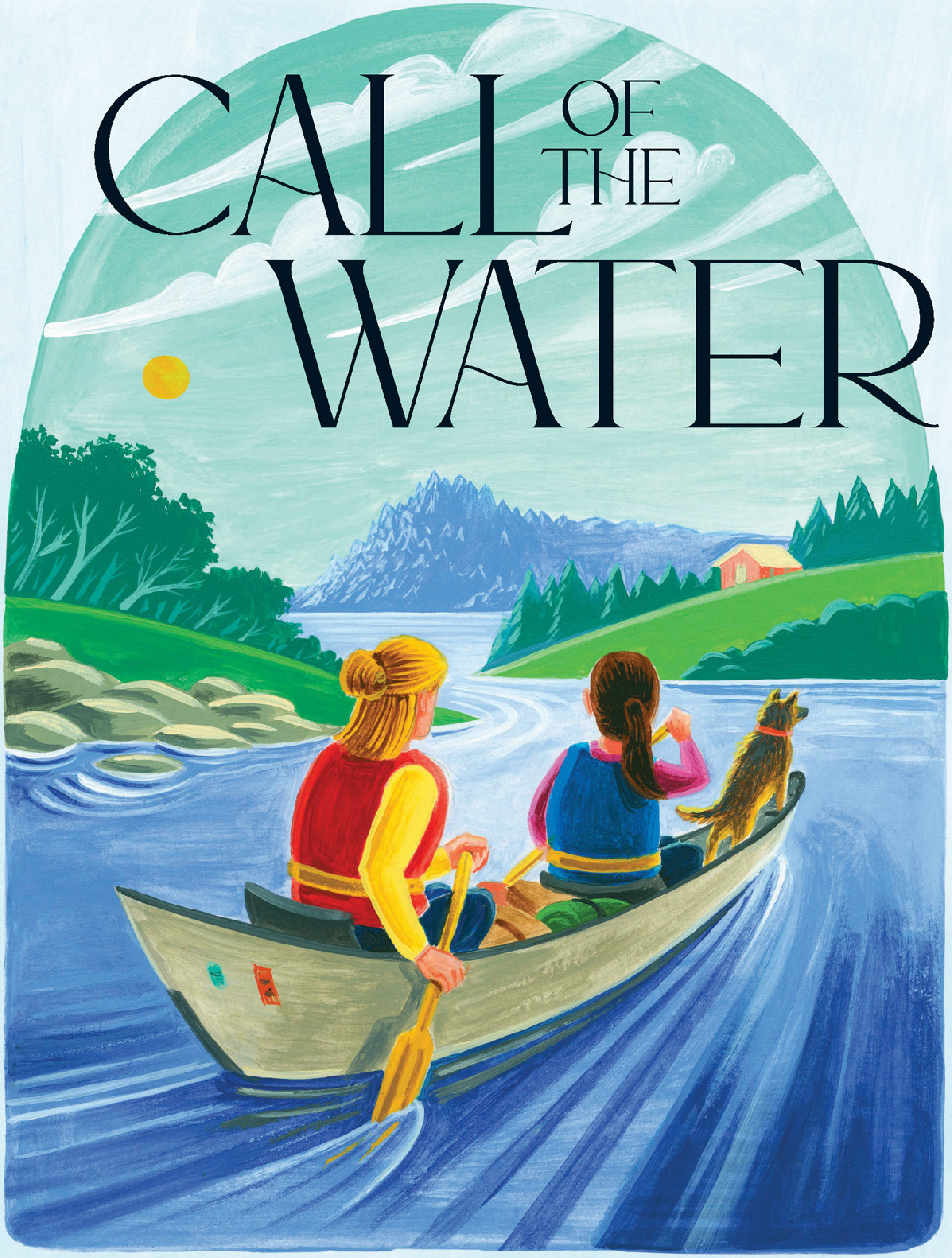
+ CHARCOAL INN "The authentic Sheboygan, charcoal-grilled brat patty experience." *charcoalinn.com*

+ LAKE MICHIGAN "When the wind is blowing just right, I love to walk along the lakeshore and watch the surfers." MWL

Raise Hell, Kid

ABOVE The shop's back third houses Jordan's design space. She says, "The studio is meant to be walked through. I wanted it to be a casual and open layout so people feel welcome." **RIGHT** You can see echoes of Jordan's parents' home in her shop's bright hues and midcentury touches. **FAR RIGHT** Honey and Ace stocks a mix of functional home decor and playful finds; a lower-level gallery shows both original work and affordable prints.

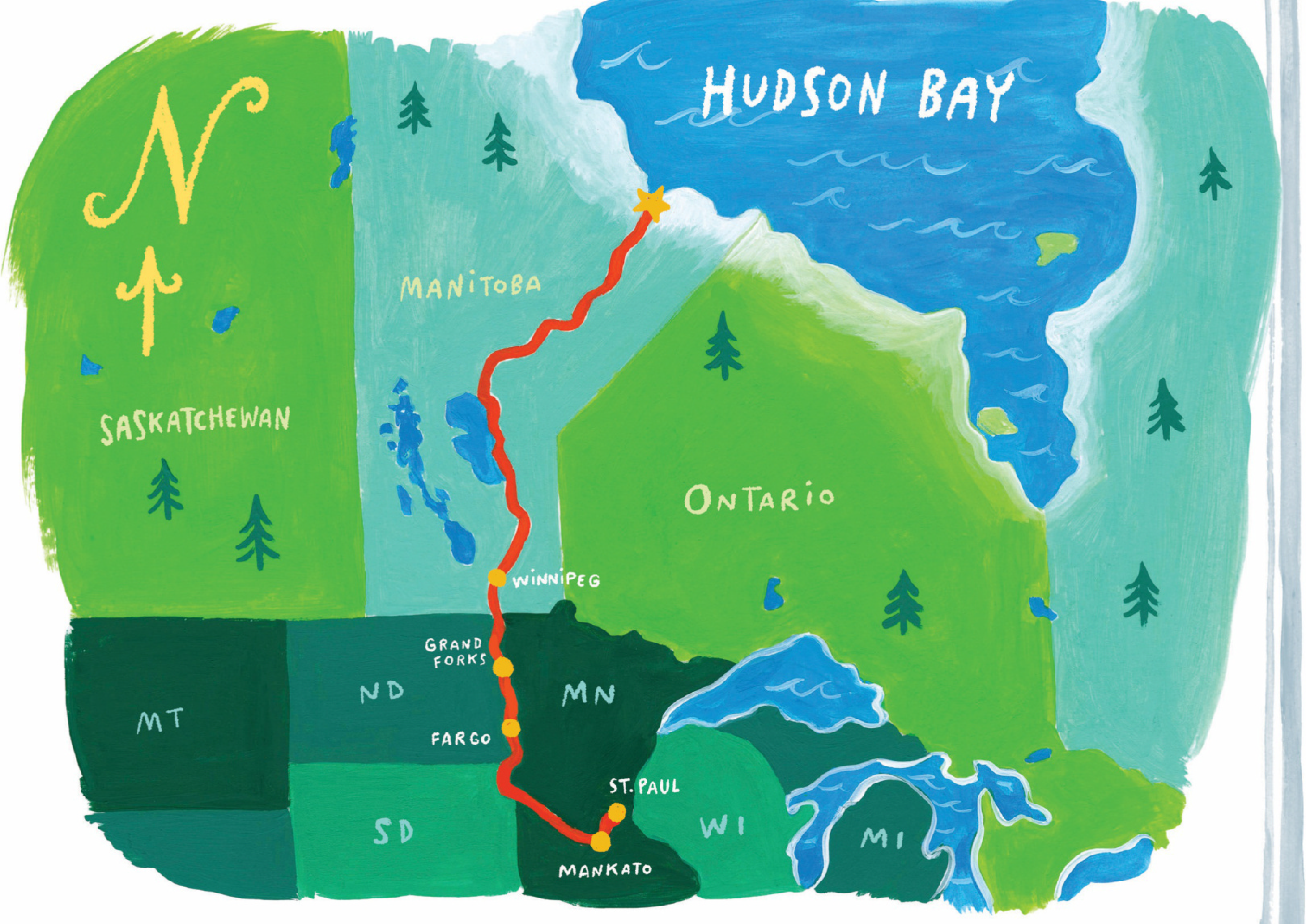
CALL OF THE WATER



WHAT DID YOU DO THE YEAR AFTER YOU GRADUATED COLLEGE?

Minnesotans Natalie Warren and Ann Raiho became the first women ever to take the 2,000-mile canoe trip from the Twin Cities to Canada's Hudson Bay. The three-month journey—a summer trip inspired by Eric Sevareid's 1935 classic, *Canoeing with the Cree*—tested their physical strength, their emotional will, their friendship and their appetite for pancake mix. Along the way, they met people who both aided and questioned their endeavor. (They also adopted a dog.) The following is an excerpt from the book *Hudson Bay Bound,* Warren's account of the trip, to be published in February.

WRITER **NATALIE WARREN** ILLUSTRATOR **ANGELA STAEHLING**



Navigating rivers is fairly straightforward: Stick to the current. But due to the high water in 2011, the Minnesota River had sprawled out across the watershed like a wily, wayward hose. Ann and I avoided the side channels, which often ended up to be tributaries or small farm channels. But sometimes we would gamble on a shortcut to save time. One day we approached a mile-long curve that had a fairly strong current. River bends are like rubber bands. The current pushes them out, stretching farther and farther over time until the bend, now called an oxbow, looks like a big U from above. Then one day, usually during a flood event, the water rushes through, connecting the top ends of the U, snapping back to its most direct channel. The oxbow we were approaching was in flux—a rubber band about to snap back. The river flowed every which way across the U-shaped bend, through the woods, and across the mud and sand. We calculated that it would take about half an hour to paddle around the entire thing. Due to our shared passion for covering miles, Ann and I saw the flooded woods as an opportunity. “Time for a shortcut!” we agreed.

The dark woods felt like a gateway into another reality. The bright sounds of summer, the wind, birds and the constant rush of the river disappeared behind us as we entered the quiet flooded forest. Ann and I eased the canoe forward with caution; moving through the lagoon was like paddling through a maze. We diverted our path many times to avoid floating logs. Tent worms fell from the sky like soldiers parachuting from planes above. Our shortcut quickly became a nightmare of low-lying branches, spiders, cobwebs and frustrating dead ends. We spent half an hour trying to navigate the flooded woods until we finally emerged, back into the rushing current and summer light. After examining our location, we realized we were right back where we started.

In this chapter of the book, titled “Against the Wind,” paddlers Natalie Warren and Ann Raiho are about four days and 75 miles into their trip, heading upstream from St. Paul on the Minnesota River, toward the town of Mankato.

TRIP PHOTOS

Hover your phone’s camera to see snapshots from the women’s canoe journey.

Within that half hour, we could have paddled around the entire oxbow! We appreciated the bizarre side-adventure nonetheless. Small excursions and unexpected decisions often enriched our days with great memories. Paddling upstream is the slowest form of transportation that I have ever taken. On our way to Le Sueur, Minnesota, we paddled 15 miles in 10 hours. I appreciated that I could feel my arms and shoulders growing in strength every day. I enjoyed the pains of physical achievement. I flexed my muscles almost every night before falling asleep to celebrate my newly developed strength. I wanted to be a woman with strong arms, shoulders and thighs. I wanted to feel powerful and capable wherever I went.

The next morning, we left Le Sueur with our eyes set on St. Peter, Minnesota. Before our trip, we heard a lot about the wind and waves on Lake Winnipeg, winds "so strong that we could spend a day paddling only to find ourselves right where we started!" We knew that challenge waited for us farther north, but we never expected wind to be an issue in the sheltered Minnesota River valley. We were wrong.

The wind was against us on our paddle to St. Peter, with gusts over 35 mph. I did not speak to Ann for the last half of the day because the wind was so strong that we couldn't hear each other. Each stroke barely nudged us forward. After hours of battling the wind and current, the bridge at St. Peter finally came into view. I almost wished it hadn't. On the last stretch of river leading to St. Peter, we hit a wind tunnel. Instead of the occasional strong gust, the wind here was unrelenting. My muscles tensed and shriveled up in protest. It felt like we were in some sort of slapstick comedy with a dangling carrot in front of a horse. I was convinced we could get there, but the more we tried, the farther away the bridge seemed.

It took us over an hour to paddle the mile into town. In retrospect, these were not the best conditions for a lightweight Kevlar canoe. Physically exhausted, we finally arrived at the boat landing and, in between heavy breathing, expressed our shared desire after our long day on the river: milkshakes. Glorious, creamy, cold milkshakes.

We left St. Peter in the early afternoon. The wind apologized for the previous day as it reversed and pushed us toward Mankato. One thing I appreciate about paddling a whole river is that you get to experience all of her moods and temperaments. Similar to living with another person, you get to witness the best and worst of another living entity. You begin to see and

read the signs of distress and joy, and learn the difficult dance of living together harmoniously. In a way, the river cared for us too. She had expressed her power—her strong current, white-capped river waves, and sisterhood with the wind—on our paddle to St. Peter. But we had a pact. She would not be like that forever. It would not rain every day. There would not be a headwind for our entire expedition. Over our long journey, there would be one day of pure bliss and easy paddling to compensate for every day the wind whipped over the water and the rain poured down. Our paddle from St. Peter to Mankato felt like a reward, or perhaps an apology, for our hard work the day before.

Despite the beautiful weather and easy paddling that day, Ann and I managed to really get on each other's nerves for the first time. Our moods shifted suddenly when I wanted to take out on the muddy shores of Land of Memories Park in Mankato to scope it out, and Ann wanted to find the boat launch. I noticed that this small disagreement sparked a resentful voice in my head. Memories of all of the times Ann made the final call flooded my mind. Perhaps Ann was also spinning memories of times I took the quickest route instead of the safest one. It was not just this disagreement that put me in a sour mood, but the accumulation of similar small arguments through our friendship, many of which had gone unaddressed. I didn't know it at the time, but this thick history of shared experiences and closed perceptions of each other would eventually lead to a tipping point—right in the middle of one of the largest lakes in the world. **MWL**

FOREWORD BY ANN BANCROFT
HUDSON BAY BOUND
TWO WOMEN, ONE DOG, TWO THOUSAND MILES TO THE ARCTIC
NATALIE WARREN

A mix of outdoor adventure and memoir-like candor, *Hudson Bay Bound* documents the entire length of Natalie Warren and Ann Raiho's history-making canoe trip. Available now for preorder (University of Minnesota Press, $25).

DATE *Night*

WRITER
HANNAH AGRAN
RECIPES + STYLING
PAUL LOWE
PHOTOGRAPHER
MICHAEL MARQUAND

CITRUS-DATE SALAD

Hello, sunshine! Shingle sliced blood oranges and tangerines across a platter, then top them with arugula, pine nuts, dates, feta, a drizzle of olive oil and a flurry of cracked pepper. As you eat, the citrus juices mingle with the oil, so you don't even have to mix up a dressing.

NUGGETS OF CARAMEL-SWEET DESERT GOLD, DATES ARE UNLIKE ANY OTHER FRUIT. TRY THEM IN OUR RECIPES—AND GET YOUR FIX FROM AN UNLIKELY SOURCE IN THE MISSOURI OZARKS.

DATE-AND-NUT ENERGY BARS

Jam-packed with mixed nuts, pumpkin seeds and steel-cut oats. Kissed with salt. And naturally sweetened with dates and maple syrup. These chewy, crunchy snacks provide a definitive answer to the question, “Why on earth would I DIY a granola bar?”

DATE SHAKE

Legend holds that a California date farmer thought to blend dates into vanilla milkshakes in the 1930s. Nearly a century later, they remain the iconic roadside drink of Palm Springs. The fruit adds an undercurrent of brown sugar flavor.

For recipes, see page 102.

CHICKEN WITH OLIVES AND DATES

After searing thighs on the stove top, add a mess of dates, olives, garlic cloves, thyme and lemon, then slide the pan in the oven for 35 minutes. This dish couldn't be easier, but the payoff is succulent, sweet, savory and so much more than the sum of its parts.

For recipes, see page 102.

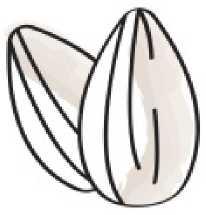
date lady

In 2005, Colleen Sundlie moved to the United Arab Emirates and fell hard for dates. Back in Springfield, Missouri, she and her husband founded Date Lady, selling all kinds of date-based products. Last year they added Cafe Dhibs, a tiny coffee shop, to keep spreading the date love.

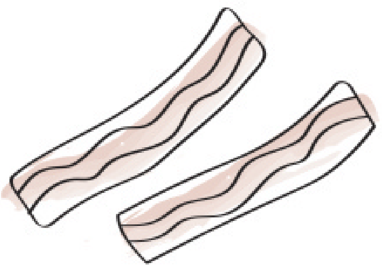
> We pretty much think of ourselves as the date aficionados this side of Cali.
>
> **COLLEEN SUNDLIE**

FIRST DATES

If you've never tried these classics, start your date adventure here.



STUFF 'EM
Jam a walnut or an almond (raw, roasted or even smoked) inside a pitted date for a quick, nutritious snack.



BAKE 'EM
Wrap a pitted date (stuffed as above, if you like) in a third-strip of bacon, securing with a toothpick. Bake at 400° about 15 minutes or until bacon is crispy.

Q A

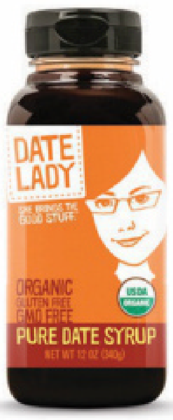
IS IT LIKE A RAISIN? Kind of. Dates are jammy-chewy and often a bit wrinkled, like other dried fruits—but they aren't fully dehydrated, and they eat more like candy, with a supersweet brown sugar flavor. They're also bigger, usually an inch or two long.

WHERE DO THEY GROW? On palm trees in arid climates. Dates are native to the Middle East (evidence of their cultivation goes back 7,000 years), and hundreds of varieties are grown around the globe today. Here in the U.S., it's easiest to find Medjool dates, sold packaged in the produce section, whole or pitted. (Skip the chopped ones in the baking aisle; they're a poor excuse for dates.)

ARE THEY HEALTHY? Dates are high in natural sugar, but they fall low on the glycemic index and are nutrient-rich. Upshot: They beat out a lot of sweet foods; just don't eat them by the fistful.

PANTRY STOCK-UP

A few Date Lady faves, all available at ilovedatelady.com.



DATE SYRUP
An all-purpose multitasker akin to honey or maple syrup—as happy on pancakes as it is glazing roasted Brussels sprouts. $8.

DATE LADY
DATE SUGAR

DATE SUGAR
Sprinkle dried date "sugar" on yogurt or oatmeal, or experiment with swapping it into baked goods. $9.50.

DATE LADY
CHOCOLATE SPREAD

CHOCOLATE SPREAD
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SWEET CHILI SAUCE

SWEET CHILI SAUCE
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SUGAR AND SPICE

The Martínez sisters (Yazmin and Lily, *above*, plus Karen) grew up in Chicago but often visited Aguascalientes, Mexico. Those trips inspired Chaski's Creations—candy apples and gummies in flavors like peach or mango with *chamoy*, a spicy-fruity condiment. From $3.50. *chaskiscreations.com*

These nubby dishcloths are from Stuart, Iowa. $10 each. *doeadeerdesign.com*

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PHOTOGRAPHS: (DESSERT) BLAINE MOATS, (JARS) COURTESY OF REVIVAL, (CLOTHS) JASON DONNELLY, (WOMEN) COURTESY OF CHASKI'S CREATIONS. FOOD STYLING: GREG LUNA

This brilliant (and totally old-school) British dessert uses just heat and kitchen magic to turn lemon and cream into luscious pudding.

STEP BY STEP

Hover your phone's camera here for a video of us making Lemon Posset, start to finish.

↑

RECIPE

LEMON POSSET

Zest and juice 3 **lemons.** Set juice (about ½ cup plus 1 tablespoon) aside. In a 5-quart pot, bring 3 cups **heavy cream,** ¾ cup **sugar** and the zest to a boil over medium-high, stirring to dissolve sugar. Boil, uncovered, 8 minutes or until slightly thickened, stirring constantly and adjusting heat to avoid boiling over. Remove from heat; whisk in the lemon juice. Cool 20 minutes. Strain through a sieve into a 4-cup glass measure. Divide evenly among six glasses or ramekins. Cover and chill at least 3 hours or up to 24 hours before serving, garnished with berries or a wide strip of lemon zest.

MARKET WATCH

BUTTER UP

Seriously, another nut butter? And yet… Indianapolis-made Revival almond butters are pretty spectacular. We're partial to the Classic, seasoned with sea salt and vanilla and bursting with crunchy toasted almonds. $11. *revivalfoodco.com*

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CACAO + COCONUT

have your cake

No gluten? No dairy? No problem. The baker behind Nebraska's Goldenrod Pastries is known for creating sweets for every type of eater—and now she's served up a cookbook too.

INCLUSIVITY IS the key ingredient at Goldenrod Pastries in Lincoln, Nebraska, where options include gluten-free, nut-free and vegan treats. In her new book, *Perfectly Golden,* owner Angela Garbacz (who discovered her own lactose intolerance late in life) writes, "I couldn't be the person who said no to making a birthday cake, especially for someone who hadn't been able to have one for years due to dietary restrictions."

Garbacz grew up cooking with her mother and grandmothers. "Food is such a good medium, whether you're making it or eating it, for really big conversations," she says. She studied in Poland during college to explore her heritage and visit family. And that's where she encountered the sweet rolls that would inspire this cake, so laden with poppy seeds they tasted nutty, but without the lemon you'd expect in the U.S.

"Too often baking is so elevated or unattainable that it's hard for people to see themselves doing it," Garbacz says. So the batter comes together with just a whisk, and it adapts easily to be gluten- or dairy-free. Because the last thing she wants is to leave someone out—particularly where cake is concerned.

GET TO KNOW

ANGELA GARBACZ

Named her biz for Nebraska's state flower. Founded a campaign to uplift girls called Empower Through Flour. Loves chicken noodle soup.

"I grew up thinking poppy seeds had to be accompanied by lemon, orange or almond," Garbacz says. Nope.

FOOD STYLING: KELSEY MOYLAN. PROP STYLING: SUE MITCHELL

WRITER **KARA ELDER**
PHOTOGRAPHER **BRIE PASSANO**

Poppy Seed Bundt Cake

STEP ONE *mix* Preheat oven to 325°. **Grease and flour** a 10-inch fluted cake pan. In a large bowl, whisk together 1½ cups **milk** (or almond, rice or oat milk); 1¼ cups **vegetable oil;** and 3 **eggs**. Add 3 cups **flour** or **gluten-free all-purpose flour blend,** 2¼ cups **sugar**, 1 tablespoon **baking powder,** and 1 teaspoon **fine sea salt**; whisk to combine. Stir in ½ cup **poppy seeds.**

STEP TWO *bake* **Pour into prepared pan** and bake until a toothpick inserted in the center comes out clean, about 1 hour 10 minutes. Remove from the oven and let cool 10 minutes in the pan before gently unmolding it onto a wire rack.

STEP THREE *glaze* Place 2½ cups **powdered sugar** in a medium bowl. **For thick, white glaze,** whisk in 2 tablespoons **milk** (or alternative milk) and ½ teaspoon to 1 teaspoon **vanilla.** Spoon over cooled cake. For a thin glaze (like the one on our cake) that seeps into crevices, increase milk to ¼ cup. Pour glaze over cake when glaze is still warm to the touch, then let set.

buy the book

The genius of *Perfectly Golden* is its adaptability. Garbacz's cakes, pies, bars and cookies are rigorously tested, with clear instructions for tweaking to fit various dietary needs (Countryman, $30).

Suffering from cake-shape envy? We hear you. This is the Brilliance Bundt pan, from Minnesota-based Nordic Ware.

To get in those ridges, Garbacz uses nonstick spray plus a light dusting of flour or sugar. (Shake out the excess.) Sugar creates a nice crust.

Each recipe in Garbacz's book specifies what gluten-free flour brand works best. Here, use Bob's Red Mill Gluten-Free 1-to-1 Baking Flour.

Before you pour, pause. Batter that seems thick or gummy might be overmixed; if needed, gently fold in a little more liquid with a spatula.

Thick like a snowcap? Thin and translucent? Icing is subjective, so Garbacz offers a choice of consistencies.

For vegans (and the egg-allergic), Garbacz adapts many recipes with hydrated flaxseed—but she's frank when it won't work. For this cake, only eggs will do.

cool customer

Yogurt is like that friend who is always there for you, no matter the occasion. It offers tart bite and healthful creaminess to any dish, any time of day.

PARTY PERFECT

Mediterranean Dip

In a medium bowl, combine one 32-ounce carton **plain Greek yogurt;** one 10-ounce package **frozen chopped spinach,** thawed and squeezed dry; 1 cup sliced **green onions;** 4 ounces crumbled **feta cheese;** one 6-ounce jar **marinated artichoke hearts,** chopped with marinade; 1 tablespoon **lemon juice;** 3 cloves **garlic,** minced; and ½ teaspoon **salt.** Chill, covered, 2 hours or up to 3 days. Garnish with **olive oil, parsley** and **black pepper.** Serve with **pita chips** or **veggie dippers.**

FOOD STYLING: KELSEY MOYLAN. PROP STYLING: SUE MITCHELL

TEST KITCHEN TIPS

STRAINED RELATIONS To make Greek yogurt (which has twice the protein per spoonful), manufacturers simply strain regular yogurt until it's extra-thick.

SWEET TALK Individual yogurts are handy but most are high in sugar. Look for less-sweet brands, or buy plain and add fruit, vanilla or a (light) drizzle of honey.

BELLY BUDDY Active cultures ("friendly bacteria") in yogurt can keep your digestive system on track. Greek yogurt can even be an option for lactose-intolerant folks.

RECIPES **SAMMY MILA**
PHOTOGRAPHS **BRIE PASSANO**

To make your own bagel seasoning, mix 2 teaspoons each poppy and sesame seeds; 1 teaspoon each dried minced garlic and onion; and ½ teaspoon kosher salt.

BREAKFAST FOR DINNER

Smoked Salmon Salad with Everything Bagel Dressing

In a serving dish, arrange 4 cups chopped **romaine lettuce** or **mixed greens;** 1 cup halved **cherry tomatoes;** 1 cup sliced **English cucumber;** 1 medium **avocado,** sliced; and 4 ounces **hot-smoked salmon,** broken up. Top with 3 medium-boiled **eggs,** halved, and ½ cup **bagel crisps.** Sprinkle with freshly ground **black pepper.** For dressing, in a small bowl, stir together one 5.3-ounce carton (⅔ cup) **plain Greek yogurt** and 2 tablespoons **everything bagel seasoning.** Slowly add enough **milk** (up to ⅓ cup) to reach a drizzling consistency. Serve salad with dressing.

GLOBAL FLAVORS

Mango Lassi Smoothie

In a blender, combine 1 cup chopped **mango*,** one 6-ounce carton (⅔ cup) **plain low-fat yogurt,** ½ cup **milk** and 2 tablespoons **honey.** Blend until smooth, adding more honey to taste if needed. Divide between two glasses. Sprinkle with **ground cardamom** and, if desired, garnish with **fresh mint** or sliced **fresh mango.** *Note: Unless you score a really ripe fresh mango, you'll get better flavor using canned or frozen. (And they're much easier to work with.)

COMFORT FOOD

Mexican Potato Soup

In a Dutch oven, combine 2¼ pounds **russet potatoes,** peeled and chopped; 3 cups **chicken broth;** and ½ cup chopped **onion.** Bring to a boil; reduce heat. Cover and simmer until potatoes are tender, about 20 to 25 minutes. Remove from heat; cool slightly. Meanwhile, in a skillet, cook 6 to 9 ounces **uncooked chorizo sausage** over medium until browned and cooked through. Drain on paper towels. Using an immersion blender, blend potato mixture until smooth (or puree in batches in a blender); return to Dutch oven. Stir in 1 cup **plain Greek yogurt,** ½ cup **milk,** one 4-ounce can **diced green chiles,** 1 teaspoon **ground chipotle pepper** and ¼ teaspoon **black pepper;** heat over medium. Stir in 1½ cups shredded **Monterey Jack cheese** until melted. Serve soup topped with extra cheese, the chorizo, sliced **green onions** and, if desired, sliced **fresh jalapeño chile** or **hot sauce.**

Not for the fainthearted, these mocha morsels fall somewhere between a truffle and a cookie.

cocoa rush

Slip yourself one of these insanely rich cookies on those gray afternoons when only chocolate will do.

DARK DAYS DEMAND DARK CHOCOLATE. Obviously. How else to navigate the chasm between last holiday twinkle and first spring crocus? We know what dwells in that valley: Work. Weekend. Work.

The cold slog ahead calls for discipline, determination and a deep, dark secret, one best compounded in private: Melt chocolate, soften with butter, sweeten with sugar, spike with espresso. Scoop into mounds as densely packed with mood-lifting agents as a sphere of molten sunshine.

Slide into the oven and let set. Taste, if you must. Sequester the rest in the freezer, preferably under a bag of peas. Square your shoulders. Tell no one.

When the day grows long, the week turns steep, the month freezes solid, find your stash. Self-prescribe a single dose. Let it come up to temperature, gathering potency. Administer solo, in silence, with or without a steaming cup of coffee.

Return to the grind, revived.

Mood-Booster Cookies

These cookies contain no flour, aside from a little almond meal, which gives them a melting texture (and makes them perfect for anyone who avoids gluten).

HANDS ON 15 MINUTES **TOTAL** 50 MINUTES

6 ounces unsweetened chocolate, broken up
¼ cup unsalted butter, cut up
2 teaspoons instant espresso coffee powder
1 teaspoon vanilla
½ teaspoon kosher salt
3 egg whites
1 teaspoon freshly squeezed lemon juice
1⅓ cups sugar
1 egg yolk
⅓ cup almond flour (almond meal)
3 ounces bittersweet chocolate, finely chopped (about ½ cup)

1. Pile unsweetened chocolate and butter into a small microwave-safe bowl. Zap just to melt, about 1 minute. Stir in instant espresso coffee powder, vanilla and salt.

2. Slide egg whites into the bowl of a stand mixer. Pour in lemon juice. Using the whisk attachment, whip on high speed until frothy, about 1 minute. Still whipping, slowly cascade in sugar. Continue whipping, stopping once to scrape down the sides of the bowl, until mixture is pale and thick, about 3 minutes. Add egg yolk, then chocolate mixture and then almond flour, mixing after each addition. Fold in chopped bittersweet chocolate.

3. Chill batter 20 minutes. Line a baking sheet with parchment paper and preheat oven to 350°.

4. Using a 2-tablespoon cookie scoop, portion 21 mounds of dough onto the prepared baking sheet. Bake until cookies are puffed, matte and just set, about 12 minutes. Let cool on a wire rack. Store at room temperature or freeze cookies solid and stash in a zip-top bag in the freezer. Defrost one daily and take with or without coffee. Refill your 3-week prescription as often as needed.

MAKES 21 COOKIES.

PER COOKIE 165 cal, 10 g fat, 16 mg chol, 39 mg sodium, 19 g carbo, 2 g fiber, 15 g sugars, 3 g pro.

FOOD STYLING: KELSEY MOYLAN. PROP STYLING: SUE MITCHELL

WRITER **LEAH ESKIN**
PHOTOGRAPHER **BRIE PASSANO**

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the bitter truth

It's true that some amari have an, er, acquired taste. But these Italian liqueurs can be surprisingly sweet and versatile, especially mixed with other favorite spirits.

AMARO MEANS BITTER IN ITALIAN. Before you pucker and order something else, Peg Karpfinger of Bar Centro in Milwaukee says to hold on. Her cozy Riverwest hangout, a sister business to Centro Cafe next door, specializes in the imported liqueur. "A lot of people hear the word 'bitter,' and they're turned off," she says. But amari actually come in countless flavor profiles, from zesty and herbal to floral and sweet. Citric Aperol is mild enough to sip alone, while Sfumato is smoky and Fernet is more astringent.

"Having cocktails with amari helps people see how the tastes aren't overpowering and how they work off other flavor profiles," Karpfinger says. Her menu spans simple drinks like a classic Manhattan spiked with Italian bitters, and complex cocktails like the pleasantly woody Smoke and Seed mixed with mezcal, Montenegro and Sfumato. Curious to play at home? Here are two of Karpfinger's favorites.

QUINTESSENTIA
AMARO NONINO

Nonino is a mild amaro made with alpine herbs in Northern Italy.

Nonino Spritzer

2 ounces
Amaro Nonino
+
3 ounces Prosecco
+
1 ounce
sparkling water

GARNISH
Orange slice

La Nina

1 ounce any amaro
+
1 ounce Cognac
(such as Hennessy)
+
1 ounce bourbon
+
¾ ounce
lemon juice

Combine in a mug.
Top with hot water.

GARNISH
Lemon wedge
Star anise

sip and learn

The world of amari (even how to say it) can be confusing. File this cheat sheet.

AMARO OR AMARI?

Here's your two-second Italian lesson: Amaro is singular, and amari is plural. You order amaro from an amari menu.

WHEN DO I DRINK IT?

Some amari (Campari, Aperol) are *aperitivi* that have a reputation for stimulating the appetite. Others (Cynar, Averna) are *digestivi*, for sipping after meals. But honestly? Just do as the Italians do. Drink your favorite amaro whenever you like.

NEAT, ROCKS OR MIXED?

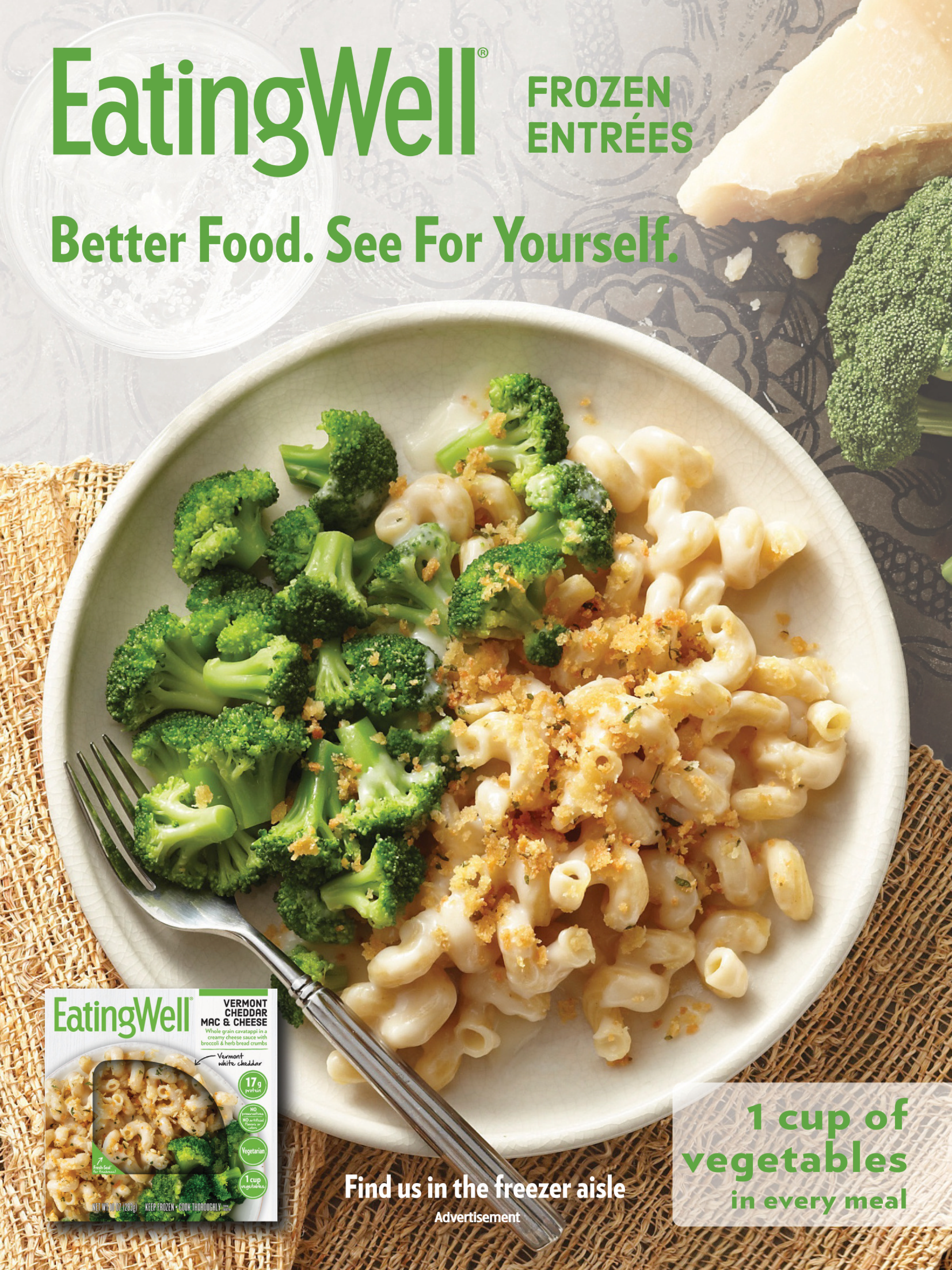
That's between you and your taste buds. Sipping amaro straight or over ice is classic, but you may want to cut the intensity with seltzer. (Or use it as a secondary ingredient in a cocktail.)

WHAT SHOULD I TRY FIRST?

Campari and Aperol are widely available, but do some reading or visit a well-stocked liquor store to chat and get advice. And get ready to make all the heart eyes: The labels are gorgeous.

FOOD STYLING: KELSEY MOYLAN. PROP STYLING: SUE MITCHELL

WRITER **LAUREN SIEBEN**
PHOTOGRAPHER **BRIE PASSANO**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A BUTCHER AND CHEF IN MILWAUKEE HAS A SURPRISING ANSWER TO THOSE WHO SUGGEST CUTTING BACK ON MEAT: SHE AGREES. BUT, SHE SAYS, WHEN YOU DO INDULGE, MAKE IT A MEAL TO REMEMBER.

A CUT ABOVE

WRITER **HALI BEY RAMDENE** PHOTOGRAPHER **BRIE PASSANO**

When you walk into Bavette La Boucherie, it's not unusual to see half a steer on the butcher table being broken down in the open kitchen. Come back tomorrow, and you might find a lamb or a hog. With nothing but a bar to separate diners from seeing how the literal sausage gets made, Karen Bell, the chef and owner of the Milwaukee butcher shop-restaurant, has made knowing where your meat comes from a reality to taste and see. “The reason is transparency,” she says. “It's a meal and a show—but maybe a little different from the kind of show people are used to.”

If it takes a pinch of drama to bring some attention and thoughtfulness to the meat we eat, Bell has found her own way to do it. Instead of stereotypical butcher tropes (austere interiors, striped aprons, knives crossed like Jolly Rogers), Bavette has a softness. The dining room is papered in turquoise and gold. Ceiling-high windows and warm string lights give the place an intimate, neighborhood feel. Yet whole-animal butchery remains front and center. “If that's something that bothers you, you should think more deeply about the meat you're eating and why you're eating it,” Bell says. And she means that entirely as an invitation.

A concern with where our food comes from can carry worry of being snobbish or elitist—but there is nothing new or particularly privileged about knowing who collects your eggs, or which part of the pig yields a pork chop. We're just out of practice with valuing that information. And when the majority of us get our meat as parts and pieces devoid of any context, we have to ask what else we've lost sight of. The perils of climate change have grown from a whisper to a roar, making our appetite for meat a factor we can no longer ignore—not when, according to the United Nations' Food and Agriculture Organization, 14.5 percent of global greenhouse gas emissions fall squarely on raising livestock for food. Certainly going vegetarian is one approach to untangling those cognitive dissonances, but simply cutting back to focus on quality over quantity is more conducive to long-term change. Or put another way, one sublime corned beef tongue sandwich from a place like Bavette is worth a dozen forgettable burgers.

A Milwaukee native, Bell traces her interest in meat to living and cooking abroad, including a few years owning a restaurant in Madrid. She returned to the Midwest with a dedication to sourcing her food close to home. “I would go to my produce guy across the street every morning to pick out what I wanted,” she recalls. “Same with the meat and the fish. The relationship with food over there is more personal than the one we have over here. That was something I wanted to bring back and maintain.”

At Bavette, Bell works directly with farmers. “Ninety percent of our menu is designed around what we are getting in to support the butcher shop,” she says. “We don't really order extra stuff.” The high-ticket items—often steaks like ribeyes, porterhouses and filets—sell quickly, leaving the kitchen to work with what's left. Bell has no complaints about that: “I prefer more ‘offcuts’ or braising cuts. Pork shoulder to pork chops, chicken legs to chicken breast. Generally they have more fat, and that adds more flavor to the dish.”

Taking a mindful, judicious approach to eating meat—embracing the whole animal and unlocking each part's unique potential—becomes even more exciting when you weave in global flavors and techniques. In Bell's hands, the whole round from the back leg of the steer turns into roast beef for sandwiches. Chicken livers morph into pâté, served on toasted brioche with peppery strawberry jam. Unctuously rich pork belly tucks into fluffy steamed Asian buns. Short ribs slip off the bone, their juices pooling in the nooks and crannies of mashed root vegetables. Sharing those dishes with Bavette's community of diners—inspiring people, perhaps, to pick up an unfamiliar cut in the shop to play with at home—is Bell's way of paying forward lessons she learned abroad. After all, no one said changing the way we do meat wasn't going to be delicious.

FLAT-IRON WITH CHIMICHURRI AND SMASHED POTATOES In a riff on French steak frites, chef Karen Bell pairs grilled steak with an herby sauce and rustic baby potatoes. Flavorful flat-iron comes from the chuck, or shoulder, and is known as a butcher's cut—an affordable part that only pros know the virtues of.

For main article, see page 66.

A CUT ABOVE

Chicken Tagine

We prepared this tagine using the oven method, but if you like, you can complete the entire dish on the stove top. In Step 4, just leave the covered skillet simmering gently on the stove top on low heat.

HANDS ON 20 MINUTES **TOTAL** 4 HOURS 10 MINUTES

- 6 chicken drumsticks and/or thighs (about 3 pounds)
- ¼ cup packed fresh mint leaves
- ¼ cup packed fresh cilantro leaves, plus a handful of leaves for garnish
- 5 cloves garlic
- 3 tablespoons olive oil, divided
- 2 tablespoons ras el hanout*
- 1 tablespoon kosher salt
- 1 tablespoon ground turmeric
- Pinch saffron threads, crumbled (optional)
- 2 medium onions, thinly sliced (2 cups)
- 1 cinnamon stick
- 1 preserved lemon*
- ¼ cup Kalamata olives, pitted and halved
- ¼ cup cracked green olives or other Greek olives, pitted and halved
- 1 cup chicken stock
- 1½ tablespoons lemon juice
- 1 tablespoon butter
- Freshly ground black pepper

1. Place chicken in a resealable plastic bag set in a shallow dish. In a blender or food processor, combine mint, cilantro, garlic, 2 tablespoons olive oil, the ras al hanout, salt, turmeric and saffron (if using). Process to make a paste. Add paste to bag with chicken, seal bag, and turn to coat. Refrigerate 3 to 4 hours.

2. Preheat oven to 350°. Heat remaining 1 tablespoon oil in an extra-large oven-safe skillet. Add chicken; brown 3 to 4 minutes on each side. Remove to a plate. Add onions to skillet; cook over medium-low until lightly browned, about 10 minutes. Add cinnamon stick.

3. While onion cooks, quarter the preserved lemon, remove and discard pulp, and cut skin in strips. If very salty, rinse with water. Put chicken on browned onions, then add sliced preserved lemon and olives, followed by stock and lemon juice. Bring to a boil.

4. Cover skillet. Transfer to oven. Bake until chicken is done (175°), 30 to 45 minutes. Remove chicken to a platter; simmer sauce to reduce slightly if necessary. Stir in butter. Season to taste with salt and pepper. **MAKES 6 SERVINGS.**

***INGREDIENT TIPS** Ras el hanout is a North African spice blend made of familiar spices like cumin, ginger, cinnamon and cloves. Purchase it at specialty stores, or find recipes online to mix your own. Preserved lemons are another signature seasoning of the region, delivering big salty-sour taste. Buy them at stores such as Whole Foods or Trader Joe's, or make your own (*next page*).

PRESSURE-COOKER METHOD Prepare recipe through Step 1. If using an electric pressure cooker, use the saute setting to brown chicken in hot oil, in batches if needed. (If using a stove-top pressure cooker, place on the stove top over medium-high.) Remove chicken from pressure cooker and cook onions until lightly browned, about 10 minutes. Add cinnamon stick, chicken, preserved lemon, olives, stock and lemon juice to pressure cooker as directed. Lock lid in place. Set electric cooker on high pressure to cook 10 minutes. (For stove-top cooker, bring up to pressure over medium-high; reduce heat to maintain steady, but not excessive, pressure; cook 10 minutes.) Quick release pressure. Transfer chicken to platter; stir butter into sauce.

PER SERVING 435 cal, 23 g fat, 173 mg chol, 1,130 mg sodium, 5 g carbo, 1 g fiber, 2 g sugars, 50 g pro.

Side dish

Fruited Couscous

Couscous is a must to soak up a tagine's flavorful sauce. This is chef Karen Bell's go-to recipe, dressed up with sweet, dried fruit to balance the tagine's salty-sour lemon and olives.

HANDS ON 10 MINUTES **TOTAL** 15 MINUTES

- ¾ teaspoon curry powder
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground ancho chile pepper
- ½ teaspoon paprika
- ¼ teaspoon sugar
- Pinch ground cinnamon
- 1½ teaspoons olive oil
- 1½ cups couscous
- 2 tablespoons dried cranberries
- 2 tablespoons chopped dried apricots
- 2 tablespoons slivered almonds, toasted
- Fresh mint and/or cilantro

1. Consult couscous package to find out how much water is required for cooking. (Usually it's a 1:1 ratio of couscous to water.) Place the water in a medium saucepan; add curry powder, salt, cumin, ancho pepper, paprika, sugar and cinnamon. Bring to a boil. Stir in oil. Turn off heat and stir in couscous. Cover with a tight-fitting lid. Let stand 5 minutes.

2. Uncover couscous and fluff lightly with a fork. Once it cools slightly, stir in cranberries, apricots and almonds. Taste and add additional salt, if needed. Garnish with fresh herbs. **MAKES 6 SERVINGS.**

PER SERVING 215 cal, 3 g fat, 0 mg chol, 217 mg sodium, 41 g carbo, 3 g fiber, 3 g sugars, 7 g pro.

SKILLET LOVE

Hover your phone's camera for more of our favorite one-pan dinner recipes.

Preserved Lemons

Preserved lemons go anywhere you want a kicked-up version of lemon. Use them in bold-flavored braised poultry or meat dishes. Stir them into rice pilaf and tabbouleh. Add them to salads, dressings, dips or pasta dishes. You can even muddle one for a cocktail!

HANDS ON 15 MINUTES **TOTAL** 1 MONTH 4 DAYS

6	lemons
6	tablespoons coarse sea salt
1	tablespoon pickling spice

1. Scrub lemons with a vegetable brush and dry them off. Cut off the little rounded bit at the stem end if there's a hard little piece of the stem attached. On the other end of the lemon, make a large X cut by slicing lengthwise downward, stopping about 1 inch from the other end; make another downward slice, perpendicular to the first. Pack salt into the lemons where you made the incisions. Don't be skimpy; use about 1 tablespoon per lemon.

2. Put the salt-filled lemons in a clean, 1½- to 2-pint glass jar with a tight-fitting lid. Add pickling spice. Press lemons very firmly into the jar to get the juices flowing. Cover and let stand overnight.

3. The next day, press lemons down again, encouraging them to release more juice as they start to soften. Repeat for 2 to 3 days until lemons are completely covered with liquid. If your lemons aren't too juicy, add fresh-squeezed lemon juice until they are submerged. The lemons must be submerged in liquid to prevent spoiling. Leave out on counter.

4. After one month, when the preserved lemons are soft, they're ready to use. At this point, store lemons in the refrigerator, where they'll keep up to 6 months. Rinse lemons before using to remove excess salt. **MAKES 2½ CUPS.**

As with other traditional fermented foods, a high volume of salt wards off spoilage.

No pickling spice? Just use a few whole spices, such as a bay leaf, cinnamon stick, coriander seeds, cloves, allspice, mustard seeds and/or crushed red pepper.

Pork and Tomatillo Pozole

Hominy, the key ingredient in pozole, is corn (maize) that is processed in a special way to make it puffy, chewy and uniquely flavored. Find it near regular corn in the canned vegetable aisle.

HANDS ON 20 MINUTES **TOTAL** 1 HOUR 50 MINUTES

4 pounds boneless pork shoulder, cut into 1-inch cubes
2 teaspoons salt, divided
1 tablespoon ground ancho chile pepper
1 teaspoon ground cumin
½ teaspoon cayenne pepper
1½ pounds tomatillos, husks and stems removed, washed and dried
1 large onion, cut into 1-inch pieces
2 poblano peppers, halved and seeded
2 jalapeño peppers, halved and seeded
4 cloves garlic, peeled
2 tablespoons olive oil, divided
1 bunch cilantro (reserve ¼ cup leaves for garnish)
1 cup dry white wine or beer
2½ cups chicken stock
1 25- to 29-ounce can hominy, rinsed and drained
1 teaspoon sugar
Sour cream, crumbled queso fresco and/or Marinated Slaw *(right)*

1. Preheat oven to 400°. In a large bowl, toss pork shoulder with 1 teaspoon salt, the ancho pepper, cumin and cayenne pepper.
2. On a rimmed baking sheet, toss tomatillos, onion, poblanos, jalapeños and garlic with 1 tablespoon olive oil. Roast until soft and browned, 30 to 35 minutes. Cover with foil; let stand 10 minutes. Peel and discard skins from peppers. Place all vegetables in a food processer or blender. Add cilantro with stems and the remaining 1 teaspoon salt. Process until smooth.
3. Meanwhile, in a Dutch oven, heat remaining 1 tablespoon oil over high. Brown pork, in batches, about 5 minutes per batch. Discard all but 1 tablespoon of the drippings. Return pork to Dutch oven. Add wine, scraping up any browned bits. Bring to a boil; boil gently until reduced by half, about 5 minutes.
4. Add tomatillo mixture and stock to Dutch oven. Bring to a boil; reduce heat. Simmer, uncovered, 20 minutes. Add hominy. Continue cooking until pork is tender, about 20 minutes. Stir in sugar; season to taste with salt. Serve pozole with sour cream, queso fresco, cilantro and/or Marinated Slaw. **MAKES 6 SERVINGS.**

SLOW-COOKER METHOD Prepare as directed through Step 3. In a 6- to 7-quart slow cooker, combine pork mixture, tomatillo mixture, stock, hominy and sugar. Cover and cook on low 7 to 8 hours or high 3½ to 4 hours. If desired, skim off any fat.
MARINATED SLAW A quick cabbage slaw makes a tangy, crunchy topping for this soup. Toss together thinly sliced cabbage and radishes with splashes of lime juice and vegetable oil, chopped cilantro, a pinch of sugar, and salt to taste. Let stand while cooking the pozole.

PER SERVING 525 cal, 19 g fat, 142 mg chol, 1,385 mg sodium, 30 g carbo, 4 g fiber, 9 g sugars, 49 g pro.

side dish

Cornbread

Everyone needs a good cornbread recipe in the back pocket. This one's a keeper.

HANDS ON 15 MINUTES **TOTAL** 55 MINUTES

1¾ cups all-purpose flour
1 cup yellow cornmeal
2 teaspoons baking powder
¾ teaspoon salt
¼ teaspoon baking soda
1 cup buttermilk
¾ cup frozen whole kernel corn
¼ cup packed brown sugar
2 eggs
¼ cup butter, melted and cooled to room temperature

1. Preheat oven to 400°. Grease an 8-inch square baking pan, a 9-inch round cake pan or a 9-inch cast-iron skillet.
2. In a medium bowl, whisk together flour, cornmeal, baking powder, salt and baking soda.
3. In a blender, combine buttermilk, corn and brown sugar. Cover and blend 30 seconds. Add eggs and blend 10 seconds. Add corn mixture to flour mixture; stir until well incorporated. Stir in melted butter in three intervals.
4. Pour batter into prepared pan. Bake until a toothpick comes out clean, about 30 minutes. Let cool 10 minutes before cutting. **MAKES 9 SERVINGS.**

PER SERVING 245 cal, 7 g fat, 56 mg chol, 441 mg sodium, 39 g carbo, 2 g fiber, 8 g sugars, 6 g pro.

Chicken Liver Mousse PB&J

Chicken livers are elevated in this rich and savory take on paté. Pressing it through a fine-mesh sieve makes it ultra-creamy.

HANDS ON 20 MINUTES **TOTAL** 3 HOURS 45 MINUTES

JAM
1 pound strawberries, stemmed and halved
¾ cup sugar
1 teaspoon pink peppercorns*
1 teaspoon lemon juice
Pinch salt

MOUSSE
1 pound chicken livers
Salt and black pepper
1 tablespoon vegetable oil
1 medium shallot, thinly sliced
1 teaspoon chopped fresh thyme
¼ cup brandy
2 tablespoons butter, softened
1 teaspoon sherry vinegar
¼ cup heavy cream

TO SERVE
Toasted ciabatta or brioche
2 tablespoons salted roasted peanuts, coarsely chopped
Microgreens, pea shoots or fresh chives

1. For jam: In a large saucepan, combine strawberries, sugar, peppercorns, lemon juice and salt. Cook over low until sugar dissolves and mixtures starts to boil, about 5 minutes. Increase heat to medium-high and cook 10 minutes. Mash berries slightly with a potato masher to reach desired consistency. Simmer 10 minutes more. Spoon a little on a chilled plate and put in freezer a few minutes to check desired thickness. If foam forms on top of the jam as it cooks, just skim it off. Transfer jam to an airtight container; chill.
2. For mousse: Season livers with salt and pepper. In a large skillet, heat oil over high.

Add livers, half at a time, and sear 2 minutes on each side. (Don't move livers in pan too much so they brown nicely on each side, and don't overcook them.) Remove livers to a plate. Reduce heat to medium-low; add shallot and thyme to pan. Cook until shallot is lightly caramelized and softened, about 5 minutes.

3. Remove from heat and carefully add brandy to skillet. Return to heat and simmer until almost dry, 1 to 2 minutes, stirring to scrape up any browned bits from the bottom of skillet. Using a rubber spatula, scrape shallot mixture onto plate with the livers. Refrigerate until cold.

4. Place chilled liver mixture in a blender or food processor with the butter and sherry vinegar. Process until smooth. Gradually add cold cream, processing until combined.

5. Place liver mixture in a fine-mesh sieve; press it through with a rubber spatula. Add salt to taste. Transfer mousse to a serving bowl. Cover and chill 2 hours or overnight. It will thicken as it chills.

6. To serve: Spread mousse on toasted ciabatta or brioche. Top with strawberry jam and a sprinkling of chopped peanuts. Garnish with microgreens. **MAKES 24 SERVINGS.**

***INGREDIENT TIP** Tender pink peppercorns have a fruity peppery flavor similar to chiles. Substitute brined green peppercorns or black peppercorns if you can't find them.

PER SERVING 152 cal, 4 g fat, 71 mg chol, 165 mg sodium, 21 g carbo, 1 g fiber, 8 g sugars, 6 g pro.

Char Siu Pork Belly Buns

You can purchase the buns at an Asian grocery, but in our testing, we found the homemade buns definitely tasted better and were worth the extra effort.

HANDS ON 45 MINUTES **TOTAL** 6 HOURS 10 MINUTES PLUS 2 OVERNIGHTS

PORK BELLY

2½ pounds pork belly
3 tablespoons hoisin sauce
2 tablespoons honey
4 tablespoons soy sauce, divided
1½ tablespoons Shaoxing (Chinese cooking wine) or dry sherry
½ teaspoon Chinese five-spice powder
1 cup packed fresh basil leaves
½ cup packed fresh mint leaves
½ cup packed fresh cilantro
½ cup orange juice
2 tablespoons rice vinegar
1½ tablespoons chopped fresh ginger
1½ teaspoons sesame oil
1½ teaspoons fish sauce

PICKLED VEGETABLES

½ cup water
½ cup white vinegar
2 tablespoons sugar
1½ teaspoons pickling spice
1 teaspoon salt
1 small cucumber, cut in ⅛-inch slices or peeled in ribbons
1 medium carrot, cut in ⅛-inch slices or peeled in ribbons

STEAMED BUNS

¾ cup lukewarm water
2 teaspoons active dry yeast
2¼ cups bread flour
3 tablespoons sugar
3 tablespoons lard or vegetable shortening, at room temperature
1½ tablespoons nonfat dry milk powder
1½ teaspoons kosher salt
¼ teaspoon baking powder, rounded
¼ teaspoon baking soda
Vegetable oil

1. For pork belly: Place pork belly, skin side down, on a cutting board. Loosen an outside edge of skin with a knife. To remove skin, grasp skin with a paper towel, and with your other hand, place the knife between the skin and the belly and cut away from yourself, angling the knife down toward the board. Place pork belly in a resealable plastic bag set in a shallow dish.

2. In a small bowl, whisk together hoisin sauce, honey, 2 tablespoons soy sauce, the Shaoxing and five-spice powder. Reserve 2 tablespoons marinade. Add the rest to pork belly. Seal bag and turn to coat. Marinate in refrigerator overnight.

3. Preheat oven to 350°. Place pork in a 2-quart dish. (Discard marinade.) In a blender, combine basil, mint, cilantro, orange juice, 2 tablespoons soy sauce, the rice vinegar, ginger, sesame oil and fish sauce. Cover and blend until smooth. Pour over pork in dish. Cover and bake until tender, about 3 hours. Let pork cool slightly, then turn to coat in cooking liquid. Cover and refrigerate overnight. (The pork will slice much more easily when cold.)

4. Meanwhile, prepare pickled vegetables: In a small saucepan, combine the water, vinegar, sugar, pickling spice and salt. Bring to a boil, stirring to dissolve salt and sugar. Put cucumber and carrot in separate containers. Strain enough hot liquid over carrot just to cover. Strain remaining liquid over cucumber. Cover and chill overnight. Drain before serving.

5. For buns: In the bowl of a stand mixer fitted with a dough hook, combine the water and yeast. Let stand until foamy, 5 minutes. Add flour, sugar, lard, milk powder, salt, baking powder and baking soda. Mix on low 8 to 10 minutes. (The dough should gather into a ball on the hook.) Place dough in a lightly oiled bowl, turning to coat. Cover with a towel and let rise in a warm place until dough has doubled in size, about 1 hour 15 minutes.

6. Punch dough down and turn it onto a clean work surface. Divide into 24 pieces about the size of a ping-pong ball. Roll into balls and transfer to floured baking sheets. Cover loosely with plastic wrap and let rise 30 minutes. Meanwhile, cut out twenty-four 4-inch squares of parchment paper.

7. Using a rolling pin, roll each ball into a 4-inch oval. Brush lightly with vegetable oil, lay a chopstick crosswise over the oval, and fold the dough over chopstick to form a bun. Gently pull out the chopstick, leaving bun folded, and transfer bun to a square of parchment paper. Cover with plastic wrap. Repeat. Let buns rest 30 minutes.

8. Meanwhile, remove pork from cooking liquid. Cut in half crosswise, then cut each portion into ¼-inch-thick slices. Heat an extra-large skillet over high. Brown pork belly slices in batches, in a single layer, about 1 minute per side. Toss browned pork belly slices with reserved marinade; keep warm while steaming the buns.

9. Set up a bamboo steamer on the stove top. Working in batches so you don't crowd the steamer, steam buns on the parchment squares 10 minutes. Use immediately.* Serve pork in warm buns with pickled vegetables and additional cilantro. **MAKES 6 SERVINGS.**

***TIP** You can cool buns completely and freeze in an airtight container up to 2 months. Reheat frozen buns in a steamer 2 to 3 minutes, until puffy, soft and warm.

PER SERVING 621 cal, 29 g fat, 80 mg chol, 285 mg sodium, 52 g carbo, 2 g fiber, 11 g sugars, 35 g pro.

GEAR TIP

bamboo steamer

Bamboo steamers are cheap and easy to use. Place about 2 inches water in a wide pan. Bring to a simmer. Add the filled and covered steamer to the pan.

Wine-Braised Short Ribs

Mashed potatoes—or any veggie mash—are classic with short ribs. We love them with buttered egg noodles, creamy polenta and roasted vegetables too.

HANDS ON 20 MINUTES **TOTAL** 4 HOURS

6 beef short ribs, about 8 ounces each
1 tablespoon freshly cracked black pepper
1½ teaspoons kosher salt
2 tablespoons olive oil
1 medium onion, coarsely chopped
2 stalks celery, coarsely chopped
1 medium carrot, coarsely chopped
6 sprigs fresh thyme
2 bay leaves
1 750-milliliter bottle dry red wine
¼ cup balsamic vinegar
6 cups beef or veal stock

1. Preheat oven to 350°. Season short ribs on all sides with cracked black pepper and the kosher salt.
2. Heat a 6-quart Dutch oven over high. Pour in olive oil and wait a minute or two, until oil is almost smoking. Sear short ribs in the pan on each side until nicely browned, 3 to 4 minutes. (You may need to work in batches. It's important not to crowd the pan.) Remove browned short ribs to a plate.
3. Reduce heat to medium. Add onion, celery, carrot, thyme sprigs and bay leaves. Stir to scrape up any browned bits from bottom of pan. Cook until vegetables just begin to caramelize, 6 to 8 minutes. Add wine and balsamic vinegar. Increase heat to high; boil to reduce the liquid by half, about 10 minutes.
4. Add stock; bring to a boil. Arrange ribs in a single layer in Dutch oven. (The stock mixture should almost cover them.) Cover tightly with aluminum foil or a tight-fitting lid. Transfer to oven. Bake 2 hours. Remove lid and turn ribs. Bake, uncovered, 1 hour more, turning ribs a couple of times. To check for doneness, pierce a short rib with a paring knife. The meat should yield easily to the knife. Taste a piece if you are not sure. Let ribs rest 10 minutes in their juices, then transfer them to a baking sheet and cover with foil to keep warm.
5. Strain the cooking liquid, pressing down on the vegetables to extract all the juices. Skim fat from the sauce. If the sauce seems thin, return it to the Dutch oven and boil gently over medium-high 5 to 10 minutes to thicken slightly. Adjust seasoning to taste with additional salt and pepper. **MAKES 6 SERVINGS.**

SLOW-COOKER METHOD Prepare recipe as directed through Step 3 . Transfer mixture to a 4- to 6-quart slow cooker. Add stock and ribs. Cover and cook on low 7 to 8 hours or on high 3 ½ to 4 hours. Strain and reduce sauce as directed in Step 5 .

PER SERVING 420 cal, 23 g fat, 92 mg chol, 820 mg sodium, 4 g carbo, 0 g fiber, 2 g sugars, 34 g pro.

Flat Iron with Chimichurri and Smashed Potatoes

If it's too cold out to grill, stay inside and use a grill pan. Grill the potatoes first and keep them warm while the steak cooks. Timings should be the same.

HANDS ON 20 MINUTES **TOTAL** 55 MINUTES

POTATOES
16 small potatoes, mixed red, white, and/or purple skinned (1½ pounds)
1 tablespoon kosher salt
2 tablespoons olive oil
1 tablespoon chopped fresh thyme
Kosher salt
Black pepper

CHIMICHURRI
1 small jalapeño pepper
1 small shallot
1¼ cups packed fresh cilantro
½ cup packed fresh mint
½ cup packed fresh basil
1 tablespoon red wine vinegar
1 clove garlic, peeled
½ cup vegetable oil
½ teaspoon kosher salt

STEAK
1½ to 2 pounds beef flat iron steak, 1-inch thick
Olive oil
Kosher salt
Black pepper

1. For potatoes: Place potatoes in a medium saucepan. Add water to completely cover. Bring to a boil over medium-high; add 1 tablespoon salt and reduce heat to a simmer. Simmer until potatoes can be easily pierced with a paring knife, about 20 minutes. Drain and let stand until cool enough to handle.
2. Arrange potatoes on a baking sheet. Gently smash each potato with the bottom of a glass or measuring cup just until split open but not breaking apart. Brush potatoes with olive oil and season with thyme, salt and pepper.
3. Meanwhile, make chimichurri: Grill jalapeño and shallot, covered, over medium heat until blackened on all sides and quite soft, about 5 minutes. (Do not turn off grill.) Place jalapeño in a small bowl and cover with plastic wrap; let stand about 10 minutes. Peel, stem and seed jalapeño.
4. In a food processor, combine jalapeño, shallot, cilantro, mint, basil, vinegar and garlic. Process until finely chopped. Drizzle in oil while processor is running. Stir in kosher salt.
5. For steak: Rub steak with olive oil and season very generously with salt and pepper. Place steak and smashed potatoes on grill rack; cover. Grill steak 10 to 12 minutes for medium-rare (145°) or 12 to 15 minutes for medium (160°), turning once halfway through grilling. Grill potatoes 10 minutes or until golden brown and crisp, turning once halfway through grilling. Transfer steak to a plate, tent with foil and let rest 5 minutes.
6. To serve, slice steak thinly across the grain with a knife at a 45-degree angle. Serve with potatoes and chimichurri.

MAKES 6 SERVINGS. MWL

PER SERVING 473 cal, 32 g fat, 53 mg chol, 277 mg sodium, 20 g carbo, 2 g fiber, 2 g sugars, 27 g pro.

For main article, see page 82.

DATE NIGHT

Chicken with Olives and Dates

Serve this simple dish with a green salad for a wholesome winter supper.

HANDS ON 15 MINUTES **TOTAL** 1 HOUR

8 bone-in chicken thighs, skin on
½ teaspoon salt
½ teaspoon black pepper
1 tablespoon butter
¾ cup pitted Kalamata olives
½ cup olive brine
2 lemons, juiced (about 6 tablespoons)
14 whole dates, pitted
12 cloves garlic
6 sprigs fresh thyme

1. Preheat oven to 375°. Season chicken on both sides with salt and pepper. In an extra-large oven-safe skillet, melt butter over medium-high. Add chicken thighs; cook

until nicely browned, about 4 minutes per side. (If you don't have a pan large enough to fit all the thighs, brown them in batches and transfer to a 3-quart baking dish to finish in the oven.)
2. Add olives, olive brine, lemon juice, dates, garlic and thyme to pan. Transfer pan to oven and roast until chicken is done (175°), about 35 minutes. **MAKES 4 SERVINGS.**

PER SERVING 671 cal, 45 g fat, 228 mg chol, 1,090 mg sodium, 25 g carbo, 2 g fiber, 19 g sugars, 39 g pro.

Citrus-Date Salad

This fresh and colorful salad is a perfect side to grilled chicken or pork tenderloin.

START TO FINISH 15 MINUTES

4 medium oranges, blood oranges and/or tangerines, peeled and sliced*
12 whole dates, pitted and halved lengthwise
½ cup crumbled feta cheese
2 tablespoons toasted pine nuts
Fresh arugula
Salt
Cracked black pepper
Extra-virgin olive oil

On a large platter, arrange oranges, dates, feta cheese, pine nuts and a handful or two of arugula. Season with salt and pepper and drizzle with olive oil. **MAKES 4 SERVINGS.**
***PREP TIP** You definitely don't want bitter pith on your citrus slices in this salad, so don't peel them by hand. Instead, set the fruit on a cutting board. Use a sharp knife to remove the skin, cutting off strips from top to bottom, and working your way around. Use the knife to remove any lingering pith you might have missed.

PER SERVING 243 cal, 11 g fat, 17 mg chol, 287 mg sodium, 35 g carbo, 5 g fiber, 29 g sugars, 5 g pro.

Date Shake

Dates add a faint brown sugar or caramel flavor to a classic vanilla milkshake. Some versions of this iconic California recipe blend a few nuts or cinnamon as well.

START TO FINISH 5 MINUTES

½ cup milk
4 whole dates, pitted
2 scoops vanilla ice cream (1 cup)

Place milk and dates in a blender. Cover and blend to fully incorporate dates, 1 to 2 minutes. Add ice cream; blend just until smooth. Pour into a glass. **MAKES 1 SERVING.**

PER SERVING 516 cal, 21 g fat, 83 mg chol, 230 mg sodium, 70 g carbo, 3 g fiber, 65 g sugars, 14 g pro.

Spiced Rice Pudding with Date-Pepper Syrup

Egg yolks make this rice pudding extra indulgent. The spices are bold but are tempered by the rich sweetness of the dates.

HANDS ON 20 MINUTES **TOTAL** 1 HOUR 10 MINUTES

1 vanilla bean, split lengthwise
4 cups whole milk
½ cup dried medium-grain rice
1 cinnamon stick
1 tablespoon grated fresh ginger
10 whole cardamom pods
1 teaspoon crushed whole allspice
3 egg yolks
¼ cup sugar
Date-Pepper Syrup (*below*)
Finely chopped pistachio nuts (optional)

1. Scrape seeds from vanilla bean, reserving pod. In a large saucepan, combine vanilla bean seeds and pod, the milk, rice, cinnamon and ginger. Place cardamom and allspice in a tea ball or cheesecloth bag; add to milk mixture. Bring just to a simmer over medium-high; remove from heat. Let stand, covered, 30 minutes.
2. In a medium bowl, whisk together egg yolks and sugar. Return rice mixture to simmering over medium. Gradually stir about ½ cup of the hot mixture into yolk mixture; return to saucepan. Cook and stir over medium just until mixture is simmering (195°) and slightly thickened. (Mixture will continue to thicken as it cools.) Remove from heat. Remove and discard vanilla bean pod and spices; cool 10 minutes.
3. Serve pudding warm or transfer to a bowl, cover surface with plastic wrap and chill 4 to 24 hours. Top servings with Date-Pepper Syrup and, if desired, pistachios.
MAKES 6 SERVINGS.
DATE-PEPPER SYRUP In a small saucepan, combine ½ cup packed dark brown sugar, ¼ cup water, ½ teaspoon freshly ground black pepper and ¼ teaspoon salt. Bring to a simmer over medium-high. Cook, uncovered, until syrupy and reduced to ⅓ cup. Remove from heat. Stir in ⅓ cup chopped pitted dates and two or three grinds additional pepper; cool slightly. If needed, stir in 1 to 2 tablespoons additional water to reach drizzling consistency. Serve warm. (If syrup becomes too thick upon standing, transfer to a bowl and microwave 20 to 30 seconds or until softened. If needed, thin with additional water.)
MAKES ½ CUP.

PER SERVING 317 cal, 8 g fat, 108 mg chol, 179 mg sodium, 55 g carbo, 2 g fiber, 40 g sugars, 8 g pro.

BONUS RECIPE

Date-and-Nut Energy Bars

These supersweet and soft squares are a treat compared to purchased bars.

HANDS ON 15 MINUTES **TOTAL** 1 HOUR

1 cup pure maple syrup
8 large whole dates, pitted and chopped
2 tablespoons butter
2 cups steel-cut oats
½ cup slivered almonds
½ cup chopped pecans
½ cup pumpkin seeds (pepitas)
2 tablespoons toasted pine nuts
Pinch salt

1. Preheat oven to 350°. Line a 9-inch square baking pan with parchment paper, leaving some hanging over edges of pan.
2. In a medium saucepan, combine maple syrup, dates and butter. Bring to a boil. Remove from heat and let cool slightly. Transfer mixture to a blender or use an immersion blender to puree the mixture until it forms a thick syrup.
3. In a large bowl, combine oats, almonds, pecans, pumpkin seeds and pine nuts. Add the warm syrup and mix well.
4. Transfer mixture to prepared pan. Use the back of a spoon to press mixture into bottom of pan and into the corners. (You may need to dampen or grease the spoon to prevent sticking.)
5. Bake until set and lightly browned, about 45 minutes. Cool completely in pan on a wire rack. Use parchment paper to lift bars from pan; transfer to a cutting board. Cut into squares. Store in an airtight container or freeze to have on hand for quick snacks. **MAKES 16 SERVINGS. MWL**

PER SERVING 254 cal, 9 g fat, 4 mg chol, 53 mg sodium, 40 g carbo, 4 g fiber, 21 g sugars, 5 g pro.

#MIDWESTMOMENT

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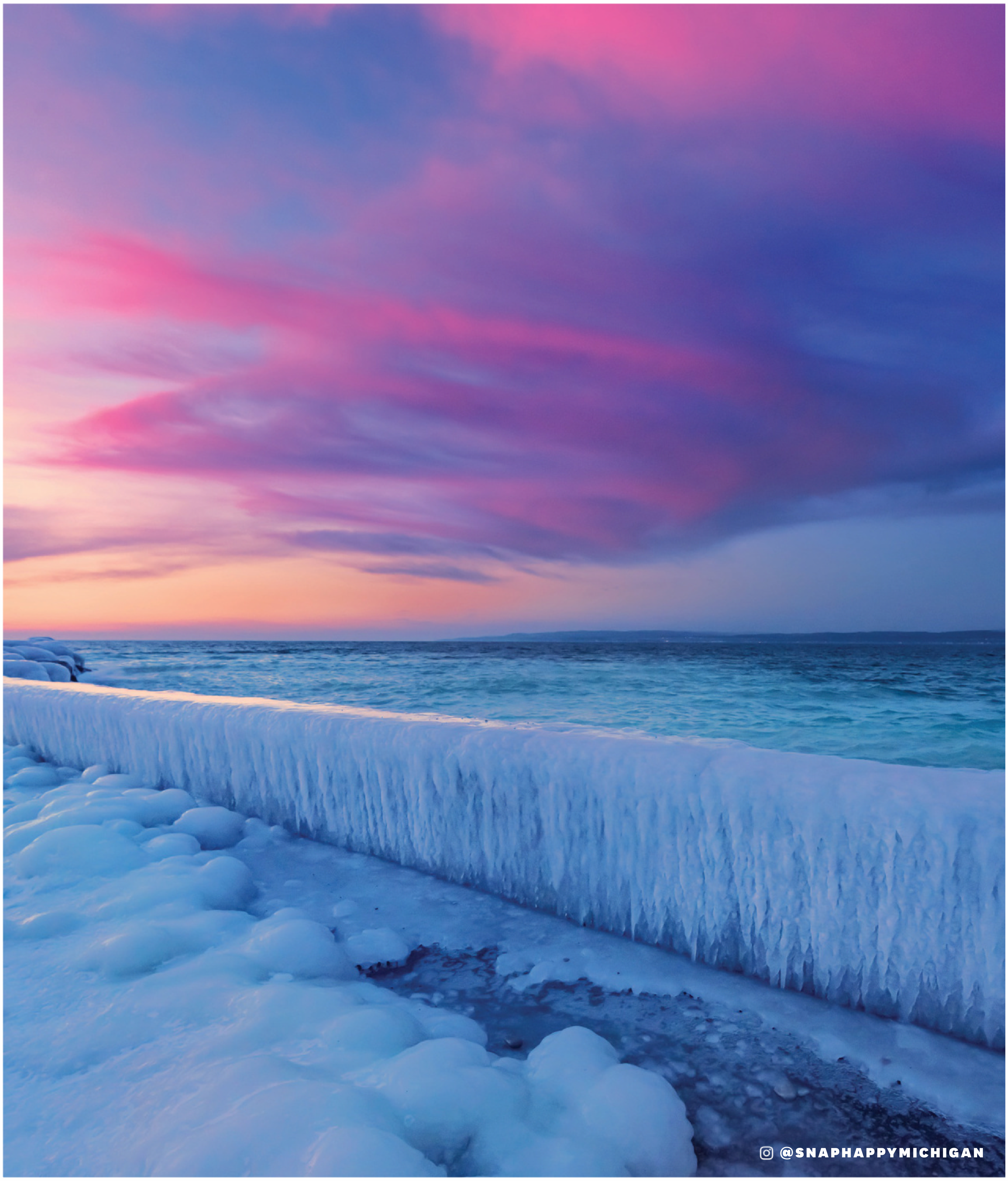

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BEHIND THE LENS

I am always chasing really good light. My husband and I had been up at Petoskey State Park for a winter sunset, and I had a great photographic evening. We left after sunset had clearly died, and as we drove home, this afterglow started happening. I looked down a side street toward Little Traverse Bay and saw an icy lakeside wall—frozen from the winter's waves—with the warm glow spreading behind it. I had to shoot it. It was such a good foreground for the gentle light, the right combination of texture, shape and color. But that ice is every bit as slippery as it looks. I literally ended up crawling out there to get the shot.

PHOTOGRAPHER **HEATHER HIGHAM**

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